

# HYPNOTIC EXHIBITIONS



BY  
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# HOW TO GIVE HYPNOTIC EXHIBITIONS

with  
History  
of  
Hypnotism



## The Story of Hypnotism.

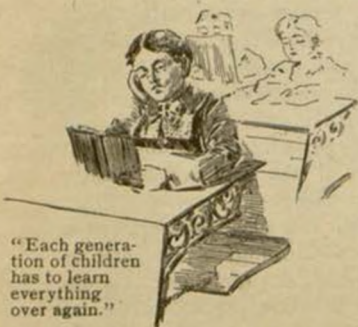
"There is nothing new under the sun," was the divinely inspired conclusion of a philosopher who walked this earth some two thousand years before Christ, and who, being miraculously endowed with wisdom, probably understood a great deal more than we do about hypnotic science, though under another name and probably also another aspect.

We are all too apt to suppose that learning grows as the world grows, or as we grow, not realizing that each generation of children born into

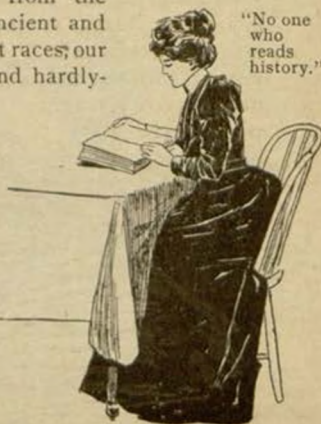
this mortal life has to begin afresh and learn everything over again. From the height of our present attainments we look back along the line of the retreating centuries and see only the mists of superstition and ignorance. We forget the axiom, "There is nothing new but what has been forgotten," and place this generation upon an imaginary mountain top, calling upon all nations and all ages to bow in reverence before the extraordinary discoveries of our own times. Especially is this the case with those sciences which we now call occult. Dark indeed they may be to us, who know so little about them, but could we command the light which glowed with mystic and awful brightness from the experiments of ancient and now almost extinct races, our vigorous efforts and hard-won triumphs of which we prate so loudly would seem to us as child play, compared with the achievements of the past.

No one who reads history or even the Bible with an unprejudiced mind can

"No one who reads history."



"Each generation of children has to learn everything over again."



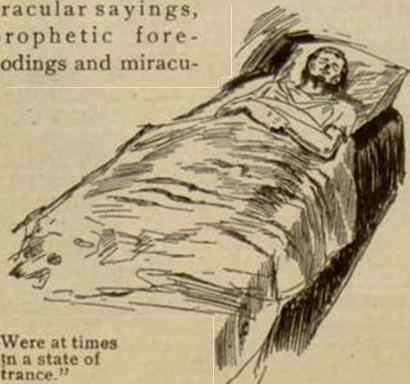




"Egypt—practiced the mystic art of inducing sleep."

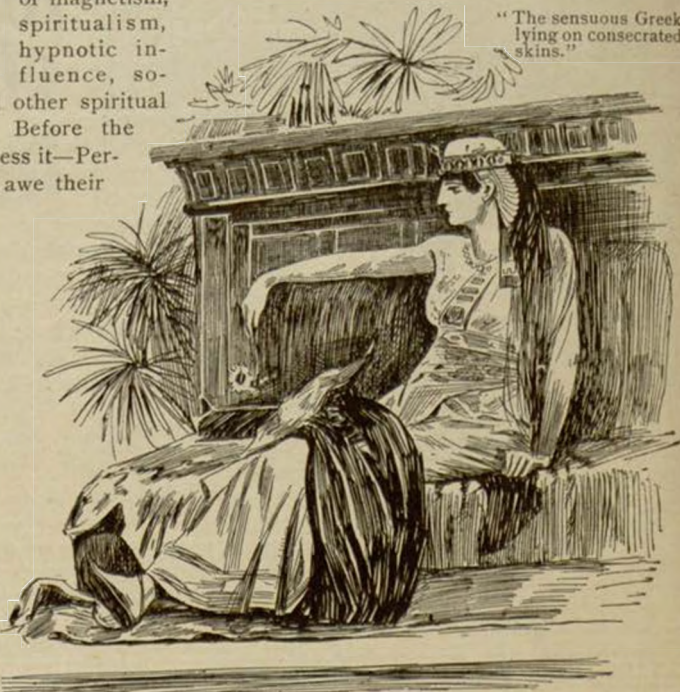
fail to observe that ancient prophets and priests, and even Jesus Christ Himself, speaking of Him in His human aspect only, were past-masters of magnetism, spiritualism, hypnotic influence, so-

called Divine Healing, and other spiritual and mental phenomena. Before the dawn of history—as we possess it—Persian savages watched with awe their magi and their priests healing disease by the laying on of hands, and also inducing the "magnetic sleep" by mesmeric passes, aided by soft music and the murmur of prayer. Egypt, early in her wondrous history, practiced the mystic art of inducing sleep, both for the cure of disease and the unveiling of mysteries. The common people were not instructed in mystic lore, which was jealously reserved and handed down within the ranks of the priesthood, and the philosophers, or magi, as the latter were then called. Egyptologists give instances innumerable and incredible of the oracular sayings, prophetic forebodings and miracu-



"Were at times in a state of trance."

lous performances of clairvoyant priests and soothsayers, who invoked the Goddess Isis before inducing the "Dream-sleep," in which man was believed to be dis-associated from the material world and placed *en rapport* with the spirit world and the gods. Centuries later we read of the sensuous Greek succumbing to the magnetic power of priestly hands and lying entranced within the temple on his couch of consecrated skins. To the Greeks also belonged



"The sensuous Greek lying on consecrated skins."

the Delphic Oracle, and even after the Light of the World had illumined the darkness of Asiatic and Roman idolatry and superstition, the history of the early church was interwoven with strange accounts of mystic doings and prophecies with which the apostles and martyrs had little to do. The Sybils of Rome were respected and consulted even by Christians, and from what is known of the practice of these seers, their long vigils and fasts, etc., there can be little doubt but that they induced a condition identical with higher mesmeric or psychic phenomena, and that these utterers of oracles were at times really clairvoyant





"Asclepiades practiced light friction."

respected is evident from the well-known hymn of the Roman Catholic Church which commences:—

"The day of wrath, that dreadful day,  
When heaven and earth shall pass away,  
As David and the Sybils say."

A passage in the works of Celsus, the Roman physician, says that Asclepiades "practiced *light friction* as a means of inducing sleep in phrensy and insanity," and this ancient physician also discovered what hypnotic experimenters today sometimes realize to their cost and that of their subjects, namely, that "by too much friction there was danger of inducing lethargy."

For ages past the Yogis of Hindoostan have been accustomed to throw themselves into a state of hypnotic ecstasy by fixation of the gaze, and they do it yet, in the same manner and by the same means as of old. The Ori-

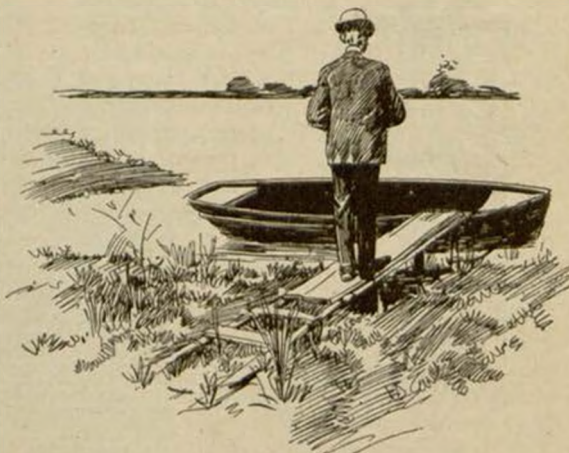


"The Yogis throw themselves into a state of ecstasy by fixation of the gaze."

ental mind being essentially subjective and credulous, we see in the history of Eastern mind-culture much that is superstitious and vain, yet there is no possibility of question that magnetism, clairvoyance and hypnotism, as practiced by us, were familiar to the ancients and were regarded by them with equal interest and curiosity. The results also of their efforts would seem to have been greater and more dignified than ours, as all the discoveries and revelations of nineteenth century clairvoyance do not seem to be of much value to the world, whereas the Sybils and soothsayers of old not infrequently guided the destinies of nations and discovered or revealed secrets which could not have been discovered by objective means, so far as is now apparent. That their experiments were shrouded in mystery and warped by magic and deception was not unlikely, nor did these antique charlatans disdain to employ much of the bombast and clap-trap which disgraces some professors of mystic arts today.



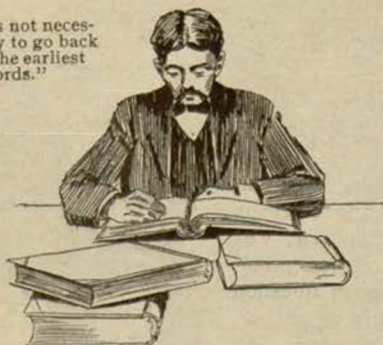
"The soothsayers of old."



"We drink the same stream."



"It is not necessary to go back to the earliest records."



"For we are the same that our fathers have been,  
We see the same sights that our fathers have seen,  
We drink the same stream and see the same sun,  
And we run the same course that our fathers have run."

But by whatever means to whatever end, and irrespective of the measure of their success, there is no conceivable doubt that the teachings of Mesmer, Braid and Bernheim are but echoes of the mystic lore of past generations, nor have we, as yet, in spite of the efforts of these philosophers and their disciples, attained to anything like the proficiency of the mystics of old.

But it is not necessary to go back to the earliest records to find traces of hypnotic thought and experiment among past generations. Every century contributes fresh examples, each generation

and almost every nation had its apostles and their followers.

In most of these periods

of inquiry, however, the same science appeared under different aspects and with a different name. Mental healing,

Divine healing,

laying on of hands;

magnetism, personal

magnetism, ani-

mal magnetism;



Clairvoyance.

soothsaying, fixation of the gaze, clairvoyance, clair-audience, spiritualism, vital transference, thought transference, mesmerism, and finally hypnotic suggestion and auto-suggestion, are some of the names by which in various ages men have tried to pass on to posterity those investigations into the occult by which they have labored to find the true principles of that power by which the human soul communicates with and controls various spirits, or its own, by means other than through the body and its senses.



"By dancing or other gymnastics."

It would serve no good purpose, but only be wearisome, to give in detail all the efforts and name all the philosophers who have striven throughout the Christian era to revive the glories and triumphs of ancient mysticism. Passing briefly over this period then, we note the monks of Mt. Athos and other religious bodies who hypnotized themselves by gazing at the umbilicus, the tip of the nose, or some other objective focus. Dervishes are said to contemplate the tip of the nose from eighty-four different postures, and by these contortions, by roll-





"Rings worn on the neck or arm."

ing over and over for miles, by dancing or other gymnastics, induce an ecstatic trance. French and English sovereigns were accustomed to heal by the touch of their hand, and scrofula was called "king's evil" for this very reason. The widespread and recurrent resur-

rection of the belief in witches and sorcerers who could bewitch and injure life or health while at a distance from their object, testifies to the correctness of the axiom that "Truth crushed to earth will rise again."

The middle of the sixteenth century bore witness to a belief that ascribed to man the power of exercising on his fellows an action analogous to that of the magnet. From this superstition was evolved all that we now know of personal and animal magnetism. In a work by Cardan, dated 1584, there are accounts of experiments in anæ-



Friedrich Anton Mesmer.

thesia produced by the magnet, and it was then customary to magnetize rings worn on the neck or arm to charm away disease.

The idea gradually dawned that there are magnetic properties in the human body. Van Helmont taught that man possessed a power by which he could magnetically affect others. In the reign of Charles II. a gentleman of the name of Valentine Greatrakes acquired considerable notoriety by curing diseases by *strokes of the hands*. He wrote books, still extant, on this subject, and in which several remarkable and authenticated cures are related. It is evident that Greatrakes' "strokings" were similar in practice and identical in effect with mesmeric passes. Paracelsus and Santanelli still further developed this theory, and in the reign of George III, one Perkins invented metallic tractors by which "Animal Magnetism" was conveyed to the patient's body. He obtained a patent for the instruments and wrote a book on the subject. Dr.



Valentine Greatrakes.





"Mesmer next declared."

William Falconer of Bath then made tractors of wood by which he secured the same results as were obtained by the metallic instruments.

The ground being thus prepared for him, Friedrich Anton Mesmer, who in spite of mistakes and follies must certainly be regarded as a wise and great man, now appeared on the scientific horizon.

Born in Swabia, in 1734, he first at-

tracted notoriety from the publication of a theory that the heavenly bodies diffuse a subtle fluid throughout the universe which he called "animal magnetism," though he should rather have called it celestial magnetism; and which acts on the nervous system of all animated beings. The stir caused by this hypothesis having partially spent itself, Mesmer next declared that disease could be cured by the agency of this fluid. Through an accident he discovered that the magnetic fluid was communicable from one human being to another, and from this hypothesis came all that remarkable series of experiments which have made Mesmer's name so justly famous. Whether a fluid does indeed pass from the operator to the subject, we



"For, as Shakespeare remarks."

may not rashly deny, for, as Shakespeare remarks,—

"There are more things in heaven and earth,  
Horatio,  
Than are dreamt of in your philosophy."

Some investigators claim that mesmerism and hypnotism are identical, the latter being merely the development of the former; but I can not agree with this opinion.

Marvelous are the successes of hypnotism; far in advance of anything discovered by Mesmer or his disciples. Nevertheless it is indubitable that the mesmeric methods obtain results and achieve successes along certain lines that seem closed to the action



"Mesmeric methods obtain results."

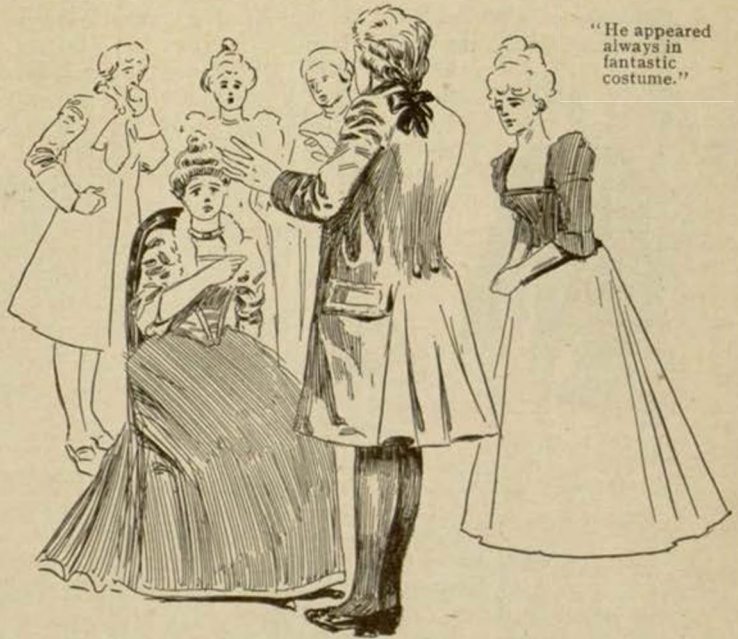
of suggestion. At all events, Mesmer in his time made a success of his theories, and Paris went mad over the new treatment. Everyone wanted to be "mesmerized," and as the "sensitives" soon became too numerous to treat individually he invented a baquet, or trough, by means of which thirty persons could be mesmerized at once. Mesmer did not forget to strengthen the effect of his "fluid" by such material agencies as would captivate the senses. He appeared always in oriental and fantastic costume, and soft strains of music and perfumed zephyrs were wafted through the apartment while mesmeric seances were



progressing. The treatment was not without its painful aspects. Hysteria and obstinate convulsions were frequent among female subjects, so that a padded room became a necessity to which patients were removed when the "crisis" became uncontrollable.

Mesmer's operations were better approved of by the laity than by the civil and professional authorities, and his theories and practices were rather vigorously condemned by deputations appointed by the government or by medical bodies to examine and report on them. Subsequently Mesmer retired from publicity and returned to the place of his birth, where he died in 1815. Not so soon did his novel theories or their results

"Mesmeric experiments have continued."



"He appeared always in fantastic costume."

depart this life, for ever since his time Mesmeric experiments have continued among the intellectual and curious, though it may be said that Mesmerism as a science has given place to the apparently almost infinite power of so-called "Hypnotic Suggestion."

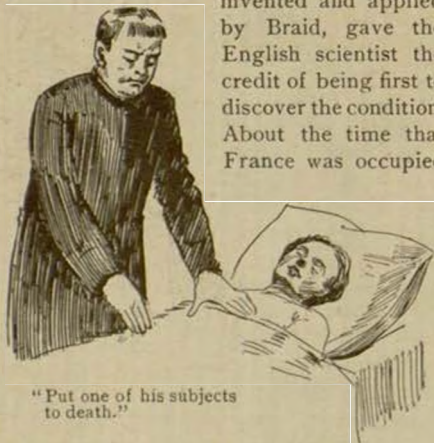
One of Mesmer's disciples, Chastenet de Pnysegur, a French Marquis, discovered a state which he called "artificial somnambulism," and which seems identical with the state which we have since named "hypnosis." Living in retirement on his estates, he employed his time in magnetizing peasants, at first by magnetic strokes, but subsequently he discovered that the same results could be obtained without passes. This nobleman antedated Braid by nearly half a century, his discoveries having been given to the world in 1784. In strict justice, therefore, we must award to Pnysegur the palm of being the

"The same results could be obtained without passes."





discoverer of somnambulism, or the hypnotic sleep, though the name "Hypnotism," invented and applied by Braid, gave the English scientist the credit of being first to discover the condition. About the time that France was occupied



"Put one of his subjects to death."

with Mesmer and Pnysegur, a Jesuit priest, Father Gassner, was, producing extraordinary results in Germany. His methods were peculiarly his own. He carried a crucifix, and raising it aloft, commanded his patients in Latin and in a stentorian voice to go to sleep, always invoking the name of Jesus. Whether it was the power of the Holy name, the loud voice, the crucifix or the Latin tongue which impressed his sensitive, or a combination of all four, cannot now be decided, but certain it is they almost always obeyed him. Some of his experiments were remarkable, and he has the credit of having put one of his subjects to death (with the understanding that she should return to life in a specified number of minutes at his command), after which, when she had for several minutes exhibited every sign of dissolution, he called upon her to return to life, and she obeyed him. There were several witnesses to this remarkable circumstance whose names are signed to the

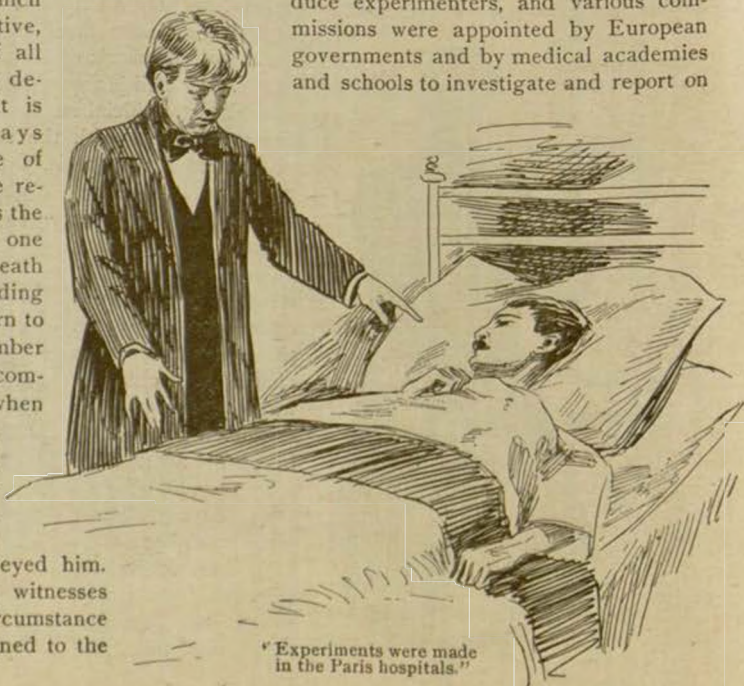
narrative, one signature being that of a royal prince, and another of a bishop.

In 1815 the study received further impetus through the manifestations of another priest, Abbe Faria, who came to Paris from India after investigating and experimenting with the methods of the fakirs. The padre showed clearly that no unknown force was necessary to produce somnambulism, the cause of sleep being in the person who was to be sent to sleep. This is the main principle of Hypnotism and of suggestion,



"The manipulations of another priest."

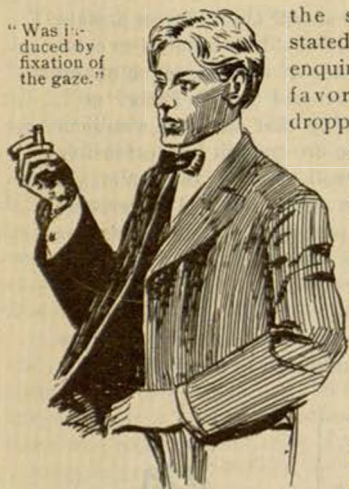
which Faria even then made use of in inducing sleep. In 1820 experiments were made in Paris hospitals. Denmark, Prussia, England and Switzerland began to produce experimenters, and various commissions were appointed by European governments and by medical academies and schools to investigate and report on



"Experiments were made in the Paris hospitals."



"Was induced by fixation of the gaze."

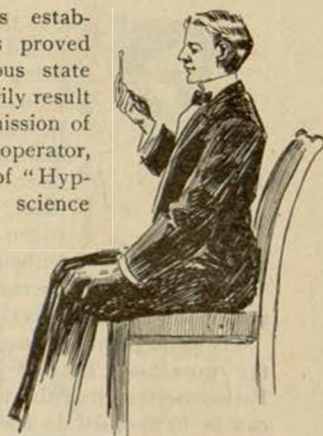


the subject. The stated result of their enquiries was not favorable, and it dropped into comparative oblivion for a number of years.

In 1842 Dr. Braid began to study the effects of mesmerism as an enquirer and even as a skeptic. Believing at first that the phenomena were due to an

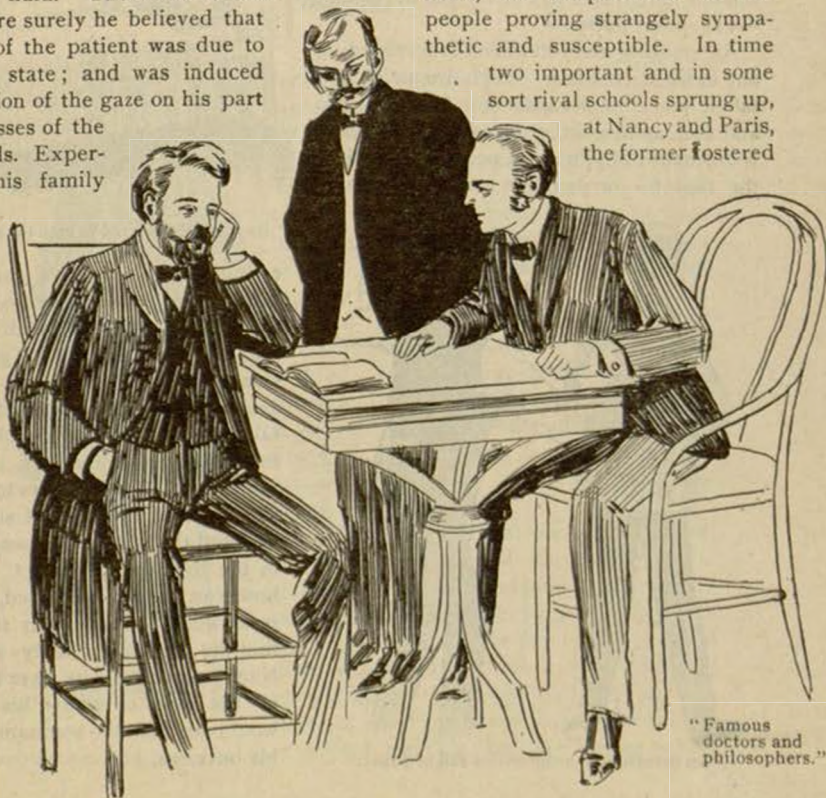
adroit imposture, he was anxious to discover by what means the operator was able to dupe his audience. He was soon satisfied that the phenomena were genuine, but saw no reason to believe that they were induced by means of a magnetic fluid. The more he investigated the more surely he believed that the condition of the patient was due to his subjective state; and was induced rather by fixation of the gaze on his part than by the passes of the operator's hands. Experiments with his family and friends confirmed him in this opinion. Continued practice manifested that there was nothing complex or mysterious in the process; it was only necessary for the patient to fix his attention and his gaze for a few minutes on a given object. From this time the reality of som-

nambulism was established. It was proved that this nervous state did not necessarily result from the transmission of a fluid by the operator, and the study of "Hypnotism," as the science was now first called, became simplified by the rejection of all troublesome details which had discredited it for a length of time.



"It was only necessary for the patient to fix his attention."

Dr. Braid established his theories and won for them international recognition, after which numerous now famous doctors and philosophers gave their attention to the subject. France has always been foremost in both the study and practice of hypnotic experiment, the temperament of her people proving strangely sympathetic and susceptible. In time two important and in some sort rival schools sprung up, at Nancy and Paris, the former fostered



"Famous doctors and philosophers."





"Sound and healthful persons."

by the learned and gifted Professor Bernheim, the latter by the militant and enthusiastic Charcot. Both have done important work in discovery and experiment, the contest between them being not without its uses as it spurred them to greater

and more earnest effort.

The main point of disagreement between the two schools has not yet been settled; Paris asserting that the temperament that can be hypnotized is itself in a diseased condition, and that patients of neurotic and hysterical temperaments make the best responsiveness. Nancy as vehemently protests that artificial somnambulism is not a disease, nor the product of disease, and that sound and healthful persons supply the proper material for experiment. There are some minor points of rivalry between the schools, but blood has never yet been shed—except on paper.

An amusing story has been told regarding one of these contests. Much discussion had taken place backwards and forwards, pro and con, as to whether or no the conscience is dormant in hypnotized persons as well as the reason—or in other words, whether a

patient of good moral character in a state of somnambulism could be induced to commit a serious crime at the suggestion of the operator. Nancy said "yes," Paris "no"; the latter affirming that although a subject could be made to commit an ostensible murder with a roll of paper or a ruler, yet he realized the deception and understood the operator's purpose. Let that purpose be changed to one of evil and the conscientious subject would refuse compliance and awake in distress.

Nancy thereupon made a man of straw and placed it, unknown to the patients, in a



"He was then ordered to stab the sleeping professor."



"An ostensible murder with a roll of paper."

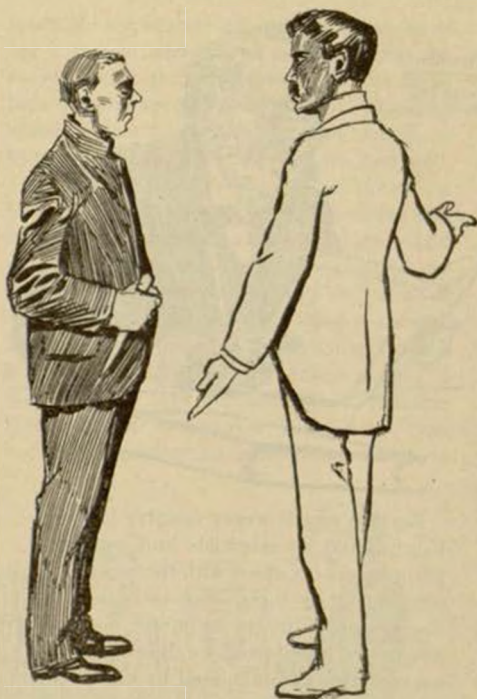
well-known professor's bed. A properly submissive subject was next chosen, put to sleep and furnished with a real dagger. He was then ordered to go and stab the sleeping professor through the heart. The sensitive promptly obeyed in an unmistakably thorough and decided manner, and the Nancy experimenters, much elated, invited their Paris brothers to come and take the place of the man of straw if they still doubted the murderous possibilities lurking in the hypnotized subject. The invitation, however, was not accepted, and to one who remarked on this a Paris student observed that he knew how they were beloved at Nancy, and that if he were to take the place of the man of straw his Nancy friends would see that the somnambule understood his business.



This is an aspect of Hypnotism, or rather a popular error in relation to it, that I feel it my duty to dispose of here and once for all. The hypnotic subject is never irresponsible nor entirely unconscious of his actions. He obeys many ridiculous suggestions as if merely to be accommodating; but as soon as an operator's suggestions prove strongly distasteful to him he will at once reject them; and, if persisted in, he can throw off the influence, even in defiance of the suggestions of the hypnotist.

It is a demonstrated fact that if two contrary suggestions are given a subject, the stronger will always prevail. Auto, or self-suggestion, is a factor not reckoned on by those who connect crime with Hypnotism.

Auto-suggestion is defined as "the habits or thoughts of an individual, the settled principles and convictions of his whole life." "Self-preservation is the first law of nature," asleep as well as awake, and, consequently, it is utterly impossible for a hypnotist to impress a suggestion so strongly upon the mind of a subject that he will per-

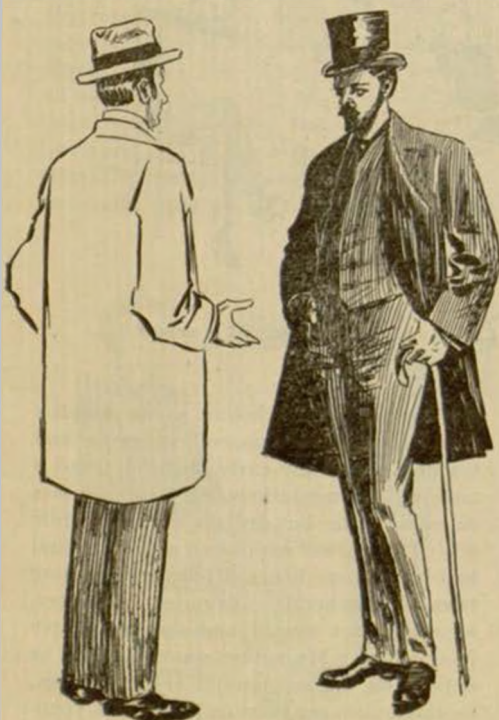


"Given a criminal subject."

form an act contrary to the settled principles and convictions of his life.

Given a criminal subject and a hypnotist of like calibre, and crime might be brought into connection with Hypnotism. In that case, however, as is most evident, a criminal character would not need to be hypnotized in order to incite him to commit crime. He can be all the more easily influenced to do so in his normal state. It is already a part of his nature — his disposition to do so. Hypnotic suggestion can remove the latter, though; and for this alone, even if it were as dangerous as some of the drugs in common use, for instance, it deserves a high place above our horde of drugs.

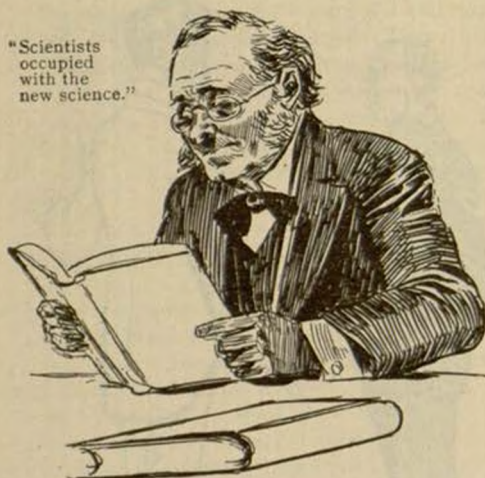
The sense of right and wrong is not weakened in any degree during the hypnotic sleep. Indeed, I have found it to be a fact, in all cases, that the subject exhibits a keener and more subtle perception of moral differences than he does in his waking or normal state; that hypnosis brings up into stronger relief the moral tone of the subject or patient, and this effect is a lasting one.



"The invitation was not accepted."



"Scientists occupied with the new science."



By 1850 nearly every country in Europe had its scientists and experimenters occupied with the new science. It is interesting to note the susceptibility to hypnotic influence as manifested by different nationalities and tabulated by Carl Sextus. As previously remarked in these pages, the French rank highest; fifty per cent of the entire people proving amenable to hypnotic control. English and

Scandinavians average forty per cent, Germans twenty-five per cent, and Dutch fifteen per cent. The more stolid and apathetic the national character the less susceptible are the natives. Latin races are more easily influenced than Teutonic races. South Americans are more responsive than North Americans, and in the East Indies the people are the most susceptible on earth, nearly all being sensitive to an unusual degree. This is attrib-



"The more stolid and apathetic."

uted to their gentle, dreamy disposition, and also to their climate and modes of living.

The investigators of Hypnotism in America have not been far behind their European contemporaries. This is essentially a land of free enquiry, of fearless investigation, and our studies are unhampered by the bigotries and conservatism of older countries. A small but respectable band of scientists—some of them able physicians—have cultivated Hypnotism for years and developed its utilities not only in the healing art, but as a power in education, sociology and law. But above all it is in this country that the knowledge of Hypnotism has been brought down to the people, for it is here alone that reading is universal and the intelligence of the masses reflects

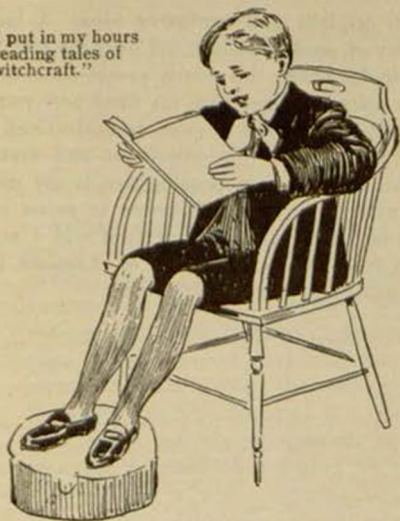


"A land of free enquiry."

the learning of the scholars. I am myself a good illustration of this, both as learner and teacher. From my early boyhood I had a taste for the mysterious, the occult. I was an enthusiastic but dreamy boy, and while other lads around me played with hoop and ball I put in my hours of leisure in reading tales of witchcraft, allegories, romances, anything that roused and fed my active imagination. My nature was stirred to its depths by the accounts of electro-biology, as magnetism was first called in this country, and I at once became a zealous student



"I put in my hours  
reading tales of  
witchcraft."



months I experimented only with youths of my own age who would kindly permit me to hypnotize them in secret. In course of time I made several remarkable discoveries which were duly noted and commented on in the journals of the town where I resided. Some of my discoveries and publications brought me correspondence from scientists in our own land and far away. Slowly and with timidity I ventured to creep out of my shell. I began to give lectures and exhibits in my native town and the villages around. Nor was it long before I was called to exhibit in the great cities of various states. I was scarcely less successful in Magnetic Healing, the companion science to Hypnotism. I performed many cures in cases

of it. Young as I was, I thought no labor too great, no hours too long, to devote to the wondrous study of the human soul and its powers, and a few years later, when Hypnotism, with its marvelous psychic phenomena, became a topic in our journals, the science fell in naturally as the congenial pursuit of my life. I neglected, discarded all meaner studies. I devoured with avidity the reported successes and experiments at home and abroad. I felt in me the spiritual insight of the metaphysician, the strange prophetic gifts of the seers of old. For



"I experimented with youth of my own age."



"I have proved it possible to teach Hypnotism  
by mail."

pronounced hopeless by the physicians. I gave numerous seances before assemblies of noted persons that not only brought me gain, but much applause.

But I found that all this interfered seriously with my studies, and after some consideration I decided to give up the lecture field and become a teacher of Hypnotism. Proud title! Rather would I teach Hypnotism to the masses than classical lore to the sons of millionaires. For the classics are dead and so are their authors, while Hypnotism is a living fact



and a science apparently destined to revolutionize the world. By my teaching it has moreover been specially brought home to the people. Hitherto through all the ages the study of Hypnotism has been confined to a few scientists and scholars. Now everyone may study this strange and mystic art, and that without leaving their present occupation or home, as by my Illustrated Course of Lessons I have proved it possible to *teach Hypnotism by mail*. This was my

own original and exclusive idea. A large army of students scattered over the country from sea to sea can testify to the success of the system. That you, my dear new pupil, may be one of the favored ones, destined to win success in this wondrous and mystic field, with its vast possibilities, is my most earnest hope. And in order to assist you yet farther toward your desired end, I send you free with my Course of Lessons the valuable suggestions following.





# HOW TO GIVE HYPNOTIC EXHIBITIONS.

## SOME GENERAL INSTRUCTIONS.

**Advertising the Entertainment.**—An American of ordinary intelligence scarcely needs to be told of the great value of advertising to any form of enterprise. Hypnotism itself, even from an austere scientific standpoint, owes very much of its development to the advertising that has encouraged the laity to make a study of it. As a public entertainer, the hypnotist should never neglect this method of securing an audience and creating a wider interest in the phenomena he commands. It will pay him to make a special study, through the past experience of others, of the most successful and economical means of reaching the public in the locality he designs to work.

Let us suppose you intend to exhibit in a small city, or country seat, where one or more newspapers are regularly published. Having engaged your hall, etc., on best possible terms, you may conclude that it will serve to have an advance notice of your date published in one or all of the local papers. If you can place such a notice among the news "items" of the neighborhood, which will always be done at a fair price, you will be permitted by almost any editor to publish a free reading article of a third to half-column, concerning yourself as an exhibitor and the wonders of hypnotic science of which you are so famous an exponent. Such readers might be prepared long beforehand, and will prove most beneficial to your coming entertainment as announced "in another column." There is an art in composing such readers to which the hypnotist should gladly give a share of his attention. If you cannot write them yourself, employ somebody who can. Many country editors will be willing to do it themselves, as the subject of Hypnotism is always very interesting and in the strictest sense educational news matter.

The knowledge of other advertising methods will come to you by experience,

but at no time can you afford to neglect what showmen call the "hanger," or its humbler equivalent, the printed "dodger." The hanger is such an airy printed sheet as can be distributed in stores, depots or other places, to be conveniently hung at the window or wall for public reading. The matter of it should be as pointed, catchy and sensational as the quality of your exhibition



"Country editors will be willing to do it themselves."

and your own modesty will allow—and this is saying a great deal where the exhaustless wonders of Hypnotism are in question. The dodger is a smaller printed notice that might be handed to passing pedestrians, left on the drug store counters, or otherwise circulated as facilities may be had.

I give you two specimens of hangers which will serve as a suggestion for all this class of advertising.



**COME AND SEE**  
**PROF. J. G. WILLIAMS**  
THE CELEBRATED  
**HYPNOTIST**

**At Last He Has Arrived!**

**A Side-Splitting Entertainment**  
**FOR OLD AND YOUNG.**

**COME ONE, COME ALL!**

Come and see the Strange Antics and Astounding  
Feats of the People who are

**BOUND BY HIS SPELL!**

Spectators of these Performances are all **POSITIVELY**  
**FASCINATED** by their Oddity, Fun and Mystery Combined.

**A LAUGH AND A HALF FOR ALL WHO CAN LAUGH.**

**MARVELOUS EXHIBITION OF THE**  
**WONDERS OF HYPNOTISM**

**ASSEMBLY HALL, JAN. 18.**

**Popular Prices!**

Doors Open at 7.00.

Performance Begins at 8.15.



**MARVELOUS EXHIBITION**  
— OF —  
**HYPNOTISM**

---

**DON'T FAIL TO SEE  
PROF.**

**FRANK H. GASTON**

The Most Famous and Fearless Hypnotist that ever Cast  
the Spell of this

**Mysterious *and* Wonder-Working Power**

---

PARALYZING COMICALITIES, MIRACULOUS METAMORPHOSES,  
SIDE-SPLITTING SITUATIONS, THOROUGH-GOING TESTS of the

**Wonder-Science of the Century.**

---

Come and bring your Friends, Children, Sisters, Cousins and  
Aunts. Remember the date,

**AUGUST 10, 1899, AT THE OPERA HOUSE.**

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**Come Early. Admission, 25, 50  75c.**

EXHIBIT BEGINS 7.30 P. M.

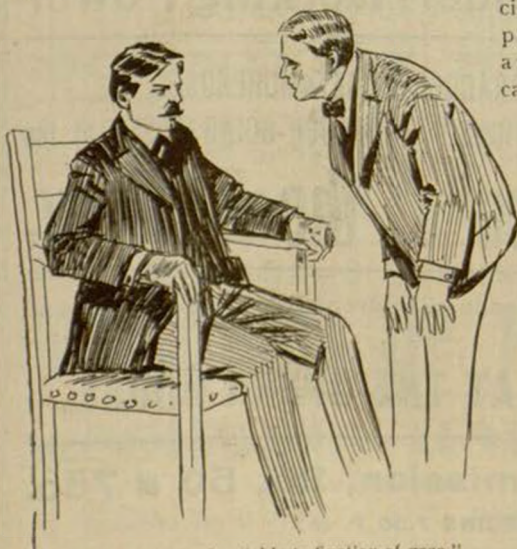




"First acquaint yourself perfectly with the Lessons."

Before attempting to give a public entertainment it is necessary that you be thoroughly experienced and accustomed to control your fellow creatures both socially and hypnotically, otherwise your seance may be more entertaining to the public than to you. Of course it is essential that you first acquaint yourself perfectly with the "Lessons," both objectively and experimentally, so as to have the various methods of procedure at your finger-tips.

Remember that all will not yield. There are a very few in every audience that can not be hypnotized by anyone, and more who will not be subject to you.



"Many succumb quickly to fixation of gaze."

Again, a method that succeeds with one may fail with others. I have found many succumb quickly to fixation of gaze, while others yield more readily to mesmeric strokes. I have put not a few persons to sleep by so simple a means as a "magnetized candle," while others demanded a combination of two or three methods before they would yield to drowsiness.

Children are controlled quicker than the average adult. Intellectual and thoughtful persons are more easily subjected than the dull and stupid.

A healthy person will yield sooner than a sickly one. Idiots and persons of weak mind can hardly ever be controlled, and neurotics, *i. e.* sufferers from the nervous prostration and excitement so common in our day, as well as those of weak and vacillating temperaments, are practically beyond



"Children are controlled quicker than the average adult."

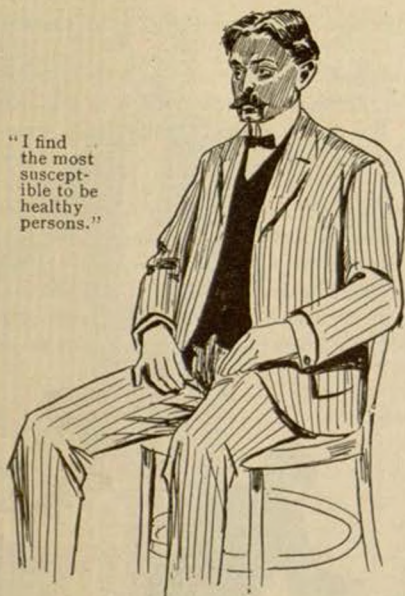
the reach of hypnotic experiment.

I find the most susceptible to be healthy persons of good average intellect, in whom the emotional and animal qualities are well blended. Nationality, sex and age, after maturity, do not seem to have any bearing on the matter. Persons of docile mind, old soldiers, artisans, all who are accustomed to passive obedience, are easier to control than those more independent persons who often unconsciously oppose a certain moral resistance to the operator.

A hypnotist, or at least one who aims to succeed in public, should be a good judge of human nature. Suppose that on a call to the audience twenty persons



"I find the most susceptible to be healthy persons."



the present your object is to entertain others. Let these doubtful cases alone.

To give a public entertainment with any hope of success in that direction, it is a *sine qua non* that the operator has had considerable practice in private; therefore he is at home in his work, knows what he is



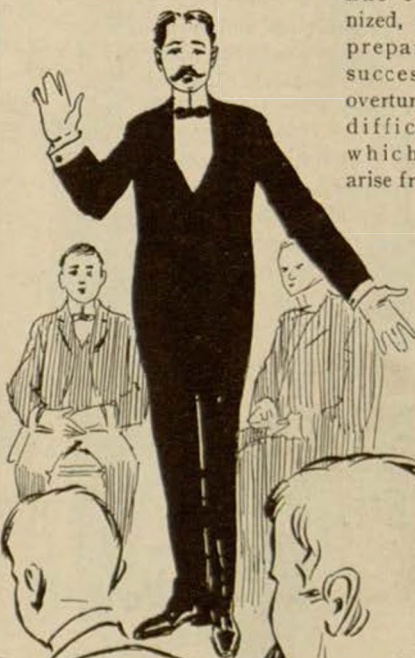
"Don't experiment with a person who is willing to make a bet."

come up to submit themselves to experiment. It is safe to say that six or eight of these must be rejected. But whom should you reject? Only experience can teach.

As a rule, a person who sits down in an amused and skeptical mood, with a "hypnotize me if you can" expression, is not likely to be an immediate candidate for the honors of clairvoyance. But many shy persons unused to appear before the public wear a foolish smile which must not be mistaken for defiance, as such cases often make excellent subjects. Don't experiment with a person who is willing to make a bet with you or anyone that he cannot be hypnotized. His words and acts indicate that he will arouse all his faculties to resist you. This person may make an excellent subject for private experiment, when you can take the opportunity to impress him gently and steadily with a history of what hypnotic science has done and can do. In the end such persons can be hypnotized sooner than they imagine. But for

about, what he has to do, and the difficulties with which he has to contend. Also that he

has recognized, and is prepared to successfully overturn, the difficulties which may arise from the

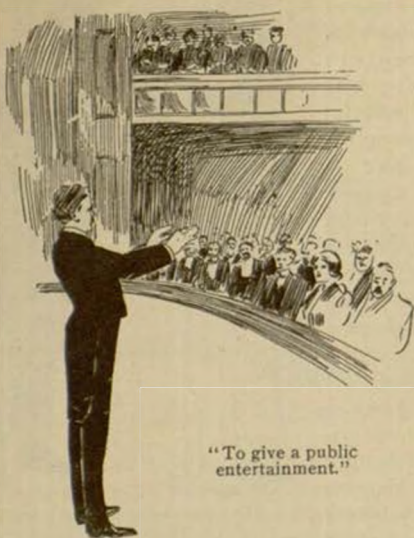


"Suppose that on a call to the audience."



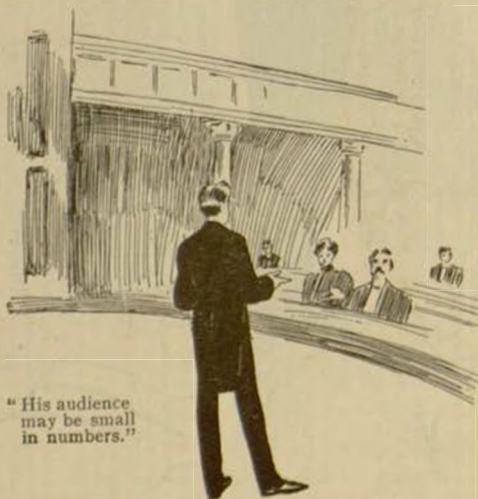


## GIVING AN EXHIBITION.



"To give a public entertainment."

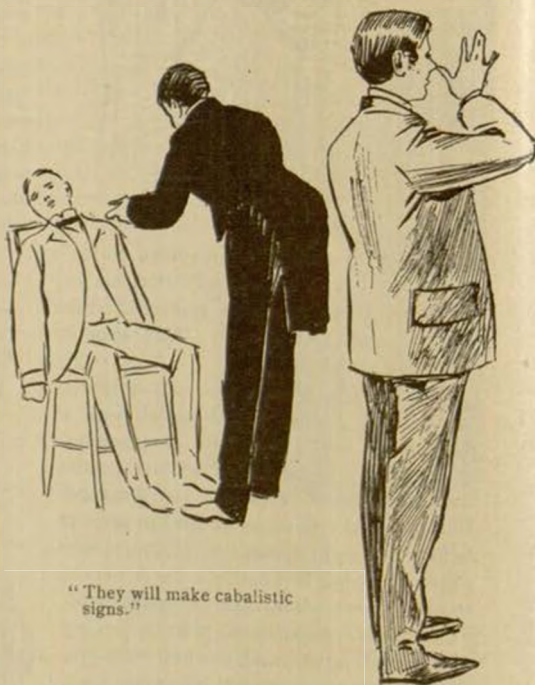
capricious fancies of his audience, and such difficulties as may arise from having few, none, or very poor subjects. He may be nervous and anxious; his audience may be small in numbers, ignorant and skeptical; but, be these things as they may, he must have perfect command over *himself*, and the ability to hold full control over his audience. If he is not able either to control or entertain his audience, all his hope for success as an exhibitor or entertainer will be seriously shaken by failure.



"His audience may be small in numbers."

For confidence begets confidence, and success success.

To succeed, he must not only be a good hypnotist, possess the utmost faith in his own powers, but he must be a thoroughly wide-awake person, adding to firmness, will, resolution, ready tact, and keenness of observation, and thereby maintain complete command of his audience as well as his subjects. He will often require to avert disaster, and either minimize failures, or turn them into redoubtable successes. Occasionally some very clever people may come upon the platform, assume to be



"They will make cabalistic signs."

hypnotized, and up to a certain stage appear to do their part well. At the same time, when opportunity occurs, they will make cabalistic signs with their thumb, fingers, and nose, behind the operator's back, to their confederates in the audience. The majority of audiences being composed of persons who come more for fun and amusement than instruction, they are ready in consequence to enter into the spirit of the thing, which, if successful, may amuse the audience, but means ruin to the entertainer. He must detect the fraud, and be ready to seize a good moment to expose the humbug.



"You will always commence your seance by making a speech."



and completely turn the ridicule upon him. By a clever movement of this kind the operator will gratify his audience, secure their confidence, and continue to amuse them, and, what is very important, with profitable results.

It is perhaps unnecessary to warn the entertainer that it is essential to success that he have among the spectators a reasonable

number of his own subjects whom he has experimented upon often enough to be sure of them under any ordinary conditions. Not only will these be the nucleus of his seance, enabling him to make a good beginning and warm up the frigid audience, but by force of example and that epidemic peculiarity of all nervous conditions, they will powerfully influence the strange subjects in your favor.

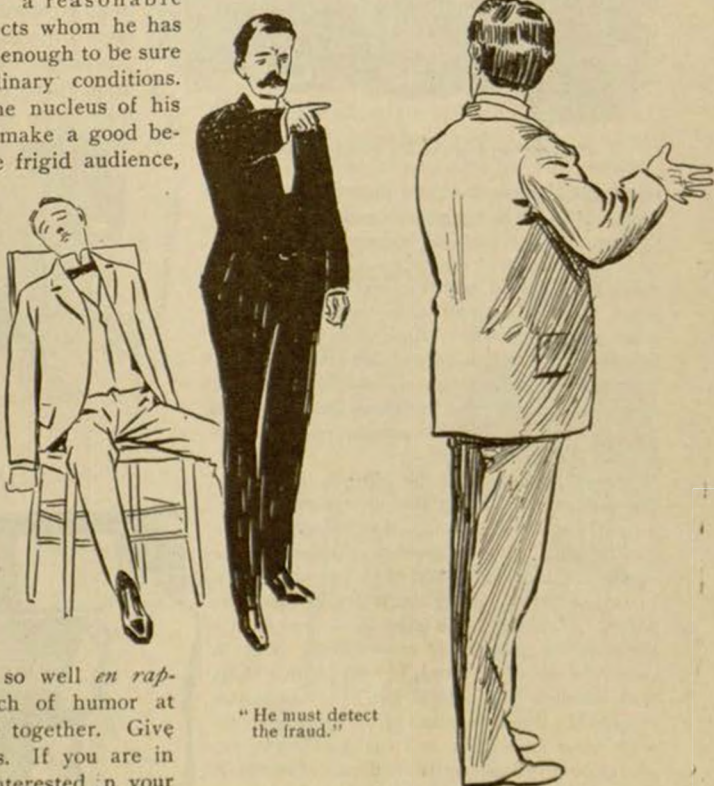
You will always commence your seance by making a speech, into which you should if possible introduce some wit, a little learning, and a good deal of experience. If you know any particularly funny story apropos of hypnotic experiments, be sure and tell it, for nothing puts the people so well *en rapport* with you as a touch of humor at which you can all laugh together. Give some of your experiences. If you are in earnest and thoroughly interested in your

subject, you will soon personally impress your audience and predispose them in your favor.

While these hints are intended to give you a general idea of what would suit for an introductory speech, to be varied or amplified according to circumstances, I deem it well to supply you also with a sample which might serve on almost any ordinary occasion. In another place I shall give you a speech such as I have frequently delivered myself before large assemblies. Let us suppose the audience before you to include the average intelligence of a small inland city. You may address such a gathering as follows:—

"LADIES AND GENTLEMEN:—

"You have all heard or read something of the wonders of Hypnotism, and you are here assembled to witness an exhibition of them. It is needless for me to say that the best and most I can present to you is but a suggestion of the possibilities contained in this science. I call it a



"He must detect the fraud."





"Remotest stars of the midnight sky."

science because it has now fairly attained that rank. It has its facts and laws and known results the same as any physical science. At the same time it handles and operates a force superior to them all. It deals with the invisible but living mind, the thinking part of our nature, while the other sciences have their application only to lifeless matter. For that reason alone we must believe that its capabilities are simply boundless, since we all know that the mind, the thought of man, can travel as quick as a flash to the remotest stars of the midnight sky.

"I shall not insult your intelligence by attempting to give a history of this mysterious science. You all know that Hypnotism is an outgrowth, a development, of the mesmerism that was in vogue about a century ago—and that has since been known as electro-biology and under various other names. Hypnotism, the name, is derived from a Greek word that simply means sleep. What is called the hypnotic trance is really only a sleep, both harmless and natural, but it is a sleep that releases the higher faculties of the mind from the senses that curb them, and enables them to surmount time, distance and sensation. How this is done our science has not yet explained. We see

the evidence of a mysterious and mighty force, just as we see the various effects of electricity, but no man has yet realized what that force is, no more than we do what electricity is. Only one thing is sure, that all the forces of nature, invisible as well as seen, are found to be kindly servants of the human race, and therefore we employ and direct them for the good they can accomplish, with ever-grateful hearts to the almighty Creator of the universe."

"Ask for volunteers to come upon the platform."



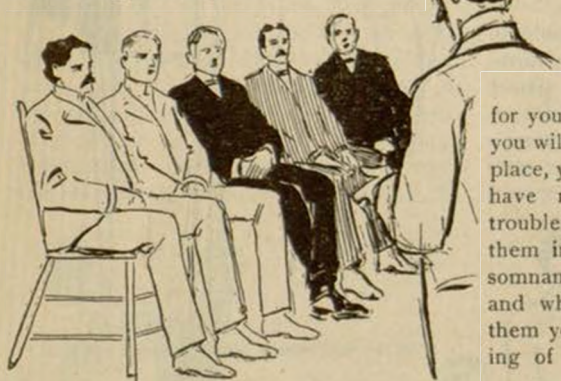
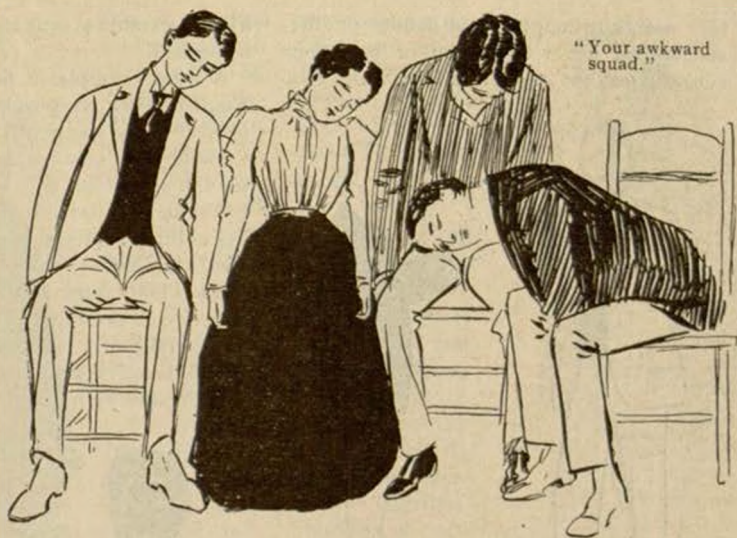
The next thing for you to do is to ask for volunteers to come upon the platform. While doing so, impress upon those you ask, "you will see that they come to no harm—you will take every care of them, etc." Those

"Direct your musician to play something soft and sweet."





whom you are not able to get under your influence can go back to their seats again and enjoy the performance. The next thing is to especially impress upon the audience to keep as quiet as possible. Direct your musician to play something soft and sweet—kindly music with a “dim religious light” in it—and thus assist the effect you wish to make on your audience. When they are seated, cast your eyes rapidly along the line, and reject all you think you will have any trouble with; politely but firmly ask them to go down. If you are not a phrenologist, trust to com-

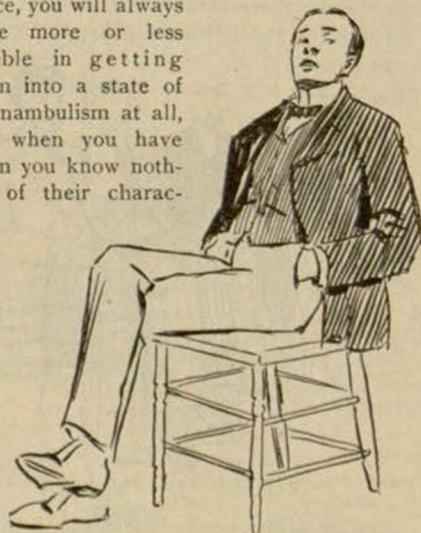


“Cast your eyes rapidly a'long the line.”

mon sense indications. If a person on sitting down immediately crosses his legs and throws back his head, invite him to go down. These are the sure signs of self-conscious superiority—of “knowingness.” Reject all persons smelling of drink or tobacco, as recent indulgence in these stimulants will make it hard, if not impossible, to hypnotize a subject.

A large number of experiments with which you may entertain your company will

be given in ensuing chapters. It is unnecessary to say that until you have had years of experience, whatever feats you mean to try you must have experimented with over and over with your regular subjects, and it may be added that it is upon these you must depend mainly for all sensations, reserving the simpler and more safe bits of comedy for your “awkward squad.” Very awkward you will find most of them, too. In the first place, you will always have more or less trouble in getting them into a state of somnambulism at all, and when you have them you know nothing of their charac-



“If a person immediately crosses his legs,”



ter, moral principles and habits of life, and so can never tell when or how their auto-suggestions may interfere with your



"Do not command a new subject to drink a glass of whiskey."

commands. Therefore it is advisable to use only such tricks as are not likely to interfere with their principles, for one failure will discount a score of successes with your audience. Do not, for instance, command a new and unknown subject to drink a glass of whiskey, for if he should happen to be a



"Make each of them hold a disk."

total abstainer, your command will be disobeyed, and if persisted in, your patient will

awake trembling, angered and, it may be, hysterical.

A good example of this is given in an English work in psychic phenomena. A subject who happened to be a Roman Catholic was commanded by the operator to don the priest's cassock and act as a priest at the altar. Instantly all the teaching and principles of his life arose in rebellion. No power on earth could have induced that subject to don the wrapper which was presented to him as a cassock. He persistently refused, and on the command being repeated, awoke in distress, nor could he be hypnotized again that night.



"All the teachings of his life arose in rebellion."

My method of getting my subjects in order is about as follows: When you have a collection of mixed subjects around you, some of whom have been hypnotized before, some not, the best plan is to arrange them in a circle and give to each, one of the shiny metal disks, with a number of which you must always be provided. Make each of them hold a disk a little before and above his eyes as recommended in the instructions. Some will need no further attention, but will promptly fall asleep. As one by one they succumb, tell the first lady



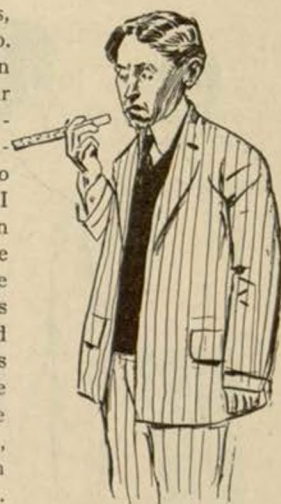


"Tell the first lady she is a prima donna."

over the first he ever smoked. He will do the rest to the hilarious delight of the spectators. The next perhaps is an old subject of yours; set him to do the cake walk. This will leave you free to tackle the hard subjects who are staring at their buttons as widely awake as though Hypnotism had never been discovered. While the convulsed and delighted audience is roaring over the antics of your cake-walker and your prima donna, you can proceed with these as directed in the lessons, or, if you find it desirable, by

she is a prima donna and start her singing "Yankee Doodle" and "Home, Sweet Home" to the audience, which she will do with more stage airs and affected graces than Patti ever assumed in her life. The next perhaps will be a new subject from the audience, so merely hand him a ruler and tell him it is a fine cigar, and more-

mesmeric passes, till all are asleep. You may then proceed with your previously prepared experiments, subject to the warning I have just given you. Under the influence of the operator, there is absolutely no end to the illusions which may be created in the subject's mind, and acted upon without question. Fertility of re-

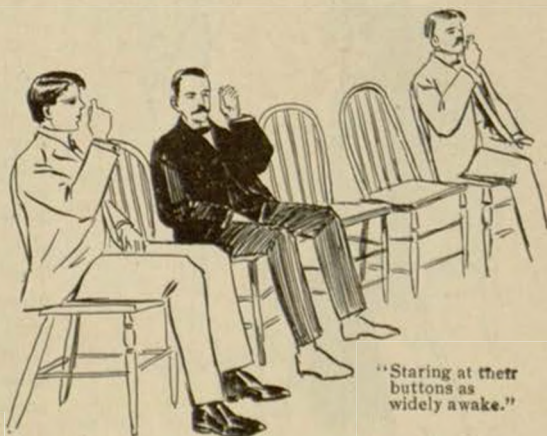


"Tell him it is a fine cigar."

source and direction are requisites in an entertainer more than so-called extraordinary will-power (effort and exhaustion) to which success is often attributed. It is unnecessary to say that before allowing them to leave the platform you must see that all your subjects are thoroughly awakened. Directions for recalling them are given fully and variously in the instructions. Never fail before dismissing each patient to ask him as test questions, where he is, his name, and who you are. If he answers satisfactorily, you may be very sure he is himself and can be dismissed without fear. In awakening several percipients at once one of them might



"Set him to do the cakewalk."



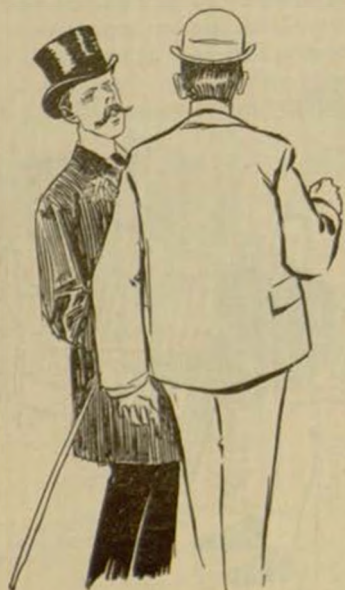
"Staring at their buttons as widely awake."





"Ask him where he is."

not fully awoken, and should he be sent back in this condition to his daily life, he has only a half-consciousness of the nature of his acts. He may walk without knowing where, he is apt to collide with persons or objects, he may steal articles exposed in shops and stores, and commit all kinds of



"He may walk without knowing where."

offenses, and this semi-conscious person whom the public and the courts regard as in full possession of all his senses, may find himself the object of undeserved punishment.

Subjects known to the operator who are habitually difficult to awaken may be bargained with as to how long the sleep is to last, and should the percipient promise to wake in half an hour, or an hour, he will generally fulfill his engagement by waking at the exact time named. Or the operator may command his subject to awake at a certain time, and will in most cases be obeyed.



"Waking at the exact time named."

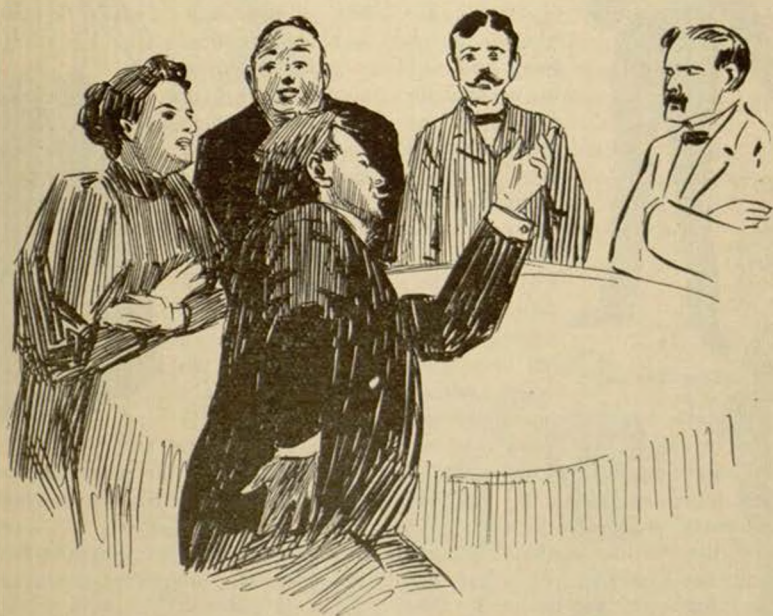
### A Family Group.

Everything must have a beginning, and he would be a bold student who would commence his career as a hypnotist with a large public entertainment. After practicing with such private subjects as you can secure until you have them all under complete control, you may begin with your own family or a small party of your intimate friends, and if you manage these well you need not fear but you will in time be able to handle large crowds. We will suppose you have four or five subjects, all personally known to you and well under your control. You can seat them around a table and sug-



gest to them a public dinner, with speeches, toasts, etc. Suggest to one that a bottle of champagne is at his elbow, set a second to carving a very tough bird, advise one to pass a dish around, and make a fourth the

very charming girl. Your audience will be in convulsions at the lively flirtation the two will carry on. Then you can have toasts, requesting this one and that one to make a speech. If you have your subjects well in



"You can seat them around a table."



"The fifth can act as a butler."

hostess, directing her to conduct conversation, see to the wants of her guests, etc., and the fifth can act as a butler. Everything will be performed to the life, the eating and drinking, the waiting, and the low murmur of cultured conversation. Suggest to an aged man, if you have one in the party, that his neighbor, a youth perhaps, is a

hand, all this will be done to perfection.

When you have had enough of this, awaken all but one of your sensitives, and send them to their places. The one reserved should be an extremely dignified young lady. Suggest to her that the floor is covered with roaches, and hand her a stick or walking cane. She will do the rest in an extremely energetic and lively manner. The art of entertainment consists in a judicious variety, "from



"Suggest that his neighbor is a very charming girl."



## GIVING AN EXHIBITION.



"Then you can have toasts."

may shed tears, but you can restore her equanimity by calling up a young man, who should be an old subject well under control, and after hypnotizing him, tell her that Prof. Chambers can remove all such blemishes with the electric needle. You can then supply the Professor with a lead pencil, not too sharp, and let him operate upon

the young lady's wrinkles and suppositious mustache. This never fails



"She may shed tears."

grave to gay, from lively to severe." You can then suggest to the same young lady, after taking the cane out of her hand and telling her that the roaches are all gone, that she is growing old and wrinkled, and has a good deal of superfluous hair on her face. This will naturally put her in very low spirits, and she

to delight a family party, and produces roars of laughter, while the poor girl never afterwards hears the last of her mustache and wrinkles.

You will now awaken your young lady, who has done enough for her share, and may set your young man to making pastry. Have a pail of sawdust and an empty pitcher supposed to contain water, a rolling pin and a smooth table, and some pie plates. Suggest to him that he is in the pastry business, and that just now it is his duty to make pies. While he is turning out the most lovely sawdust pies, you can bring the children of the party out on the platform and place them all under your control.

Children are very easily hypnotized and very submissive while in that state, but they



"She will do the rest."



"Let him operate upon the young lady."



should not be kept too long in a somnambulous condition. You can now make up a skating party. Tell the little ones that they



"Suggest that he is in the pastry business."

are on roller skates, go through the process of fitting on these vehicles, and start them off; the youngsters will glide around the stage with an agility and smoothness that will surprise you. Keep them at this a little while until you have taken your young man from his pastry baking and changed the bent of his mind. Now you can put the children to school with our young man as schoolmaster. Instruct him to go through a second or fourth grade course, according to the age of the pupils, and see how skillfully and cheerfully he will do it. In his waking hours your teacher may have entirely forgotten the grade courses, but his subjective



"Tell the little ones they are on roller skates."

mind when free will make no such mistake. In hypnosis a person can always remember what he has ever heard or known, no matter how completely the matter may have passed from his waking mind.

Now call one of your children from school and tell him he is stiff, he cannot stoop nor pick anything off the ground, then tell him he may have a dollar bill that you place on the floor at his feet, if he will pick it up. He will not be able to do it, let him try as he may.

After your audience has smiled at his efforts sufficiently, you may break up school, release the teacher, who had done enough for his living at present, and then conduct



"You can put the children to school."

your children to a zoological exhibit. Name the animals and ask the children what they see, and they will give lively accounts of the various animals and their peculiarities. Throw a piece of clothes-line around the neck of one of them and tell her that a boa constrictor has escaped and is around her, nevertheless that it will not hurt her. The speed with which that girl will divest herself of the rope, and the stampede that will follow among the others, will be true to life. The excitement of fear, however, must be used cautiously with children, especially those under ten, as their little hearts flutter responsive to the imagined terror. their





"He will not be able to do it."

nerves become unduly excited, and too much of the stimulus may tend to heart weakness or hysteria. Before dismissing the children often ask them if they would like to hear the angels sing, and suggest to them that Heaven is opened and that bursts of unearthly song may be heard by those who listen. The effect on six or eight children is generally very interesting. Three or four of the little innocents of six or eight years old will listen in rapt delight. A girl of fourteen once sank into an ecstasy while listening to the effect of this suggestion, and I had some difficulty in arousing her. Boys, less sensitive to religious impressions, will exhibit a more or less pleased expression of countenance, and one stolid boy of twelve I once had obstinately maintained that he couldn't hear any angels and he didn't believe any-

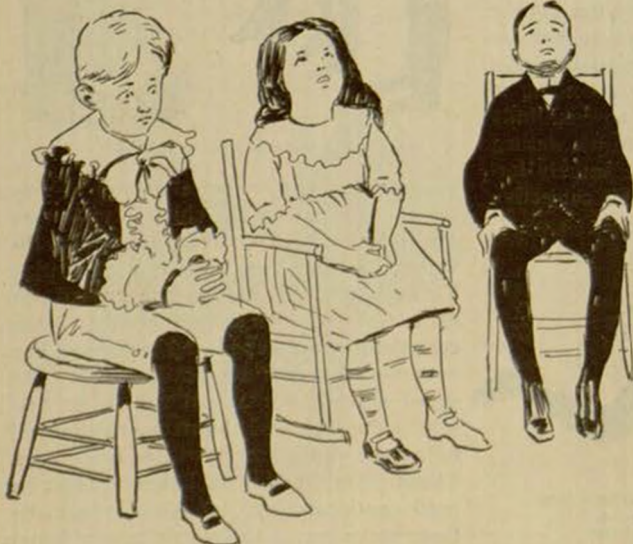
one could. You may now awaken your children and send them back to their places to witness the rest of the performance.

You may next try a new class of exper-



"Tell her a  
boa con-  
strictor  
has es-  
caped."

iments to still further excite the wonder of your family group. Call any responsive that you know, or any volunteer, up to the platform and put him to sleep. Pass a portion of castor oil among the spectators to let them all know that it is castor oil, and then offer it to your patient as a delicious cup of cocoa. He will drink it with avidity and with every appearance of delight. A drink of pure water can be made to act as an emetic or an intoxicant followed by the inevitable results. Delusions of sight are interesting. I once suggested to the subject that a low wall had been built across the stage and made him cross it several times. Every time he passed back and



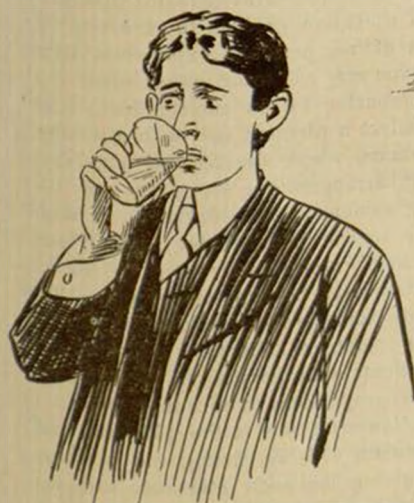
"Will listen with rapt delight."





"Maintained that he couldn't hear any angels."

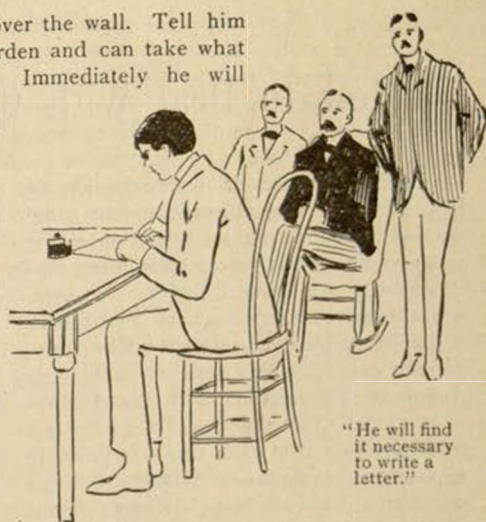
minutes after awakening he will find it necessary to write a letter to a certain person—say his or her sweetheart or friend—that he will fetch envelopes, paper, pen and ink into the parlor where the seance is progressing, and there before the audience write the letter described at the time named. Call up another, a young lady,



"He will drink it with avidity."

forth he jumped over the wall. Tell him that he is in a garden and can take what flowers he likes. Immediately he will commence to pick flowers all over the carpet.

Now if you desire to convince your friends and family beyond any possibility of skepticism that you are indeed a magician, conclude your entertainment with a couple of post-hypnotic suggestions. Suggest to one member of the family that fifteen



"He will find it necessary to write a letter."



duration and will disappear in half a minute.

If you have carefully studied the instructions given you in my Lesson Course, and have duly experimented with them, your suggestions will bear fruit exactly at the time proposed, and you may count on thereby creating an impression of your occult powers that will never forsake you while you live.

"He jumped over the wall."

and tell her that on sitting down to breakfast next morning she will be seized with a violent toothache so she will be compelled to cry out with pain, but that the toothache will be of short



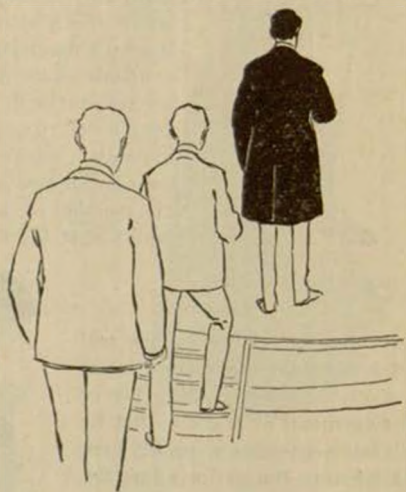
"She will be seized with a violent toothache."



## How to Deal With the American Public.

A public lecture or demonstration of Hypnotism is a very different and far more nervous proceeding than the entertaining and mystifying of a few friends in the parlor of one's own house or theirs. The average American audience is very critical, and, it may be added, sometimes rather testy. All the units of which such an audience is composed are bustling with auto-suggestions to the effect that you are probably a fraud and that it is each unit's business to expose you as such—if he can. All this suggestion from so many different founts must have its effect upon you, for it is a basic principle in psychic phenomena that "the subjective mind is constantly amenable to control by suggestion" and the operator's mind is no exception to the universal law. Nevertheless, you must hold yourself well in hand, and be prepared to resist all such influences. Your self-control must be perfect, or you cannot control your audience. A nervous, hysterical, suscept-

A course of successful parlor entertainments will give you the proper experience and courage to attack the public with success. You will find some valuable advice



"I take a few to the platform."



"I muster my reliable subjects."

ible or cowardly person has no business to demonstrate Hypnotism in public, for besides exposing his own weakness, he may seriously injure others.

regarding such entertainments in the chapter headed "Preliminary Suggestions," but as example is proverbially better than precept, I shall now proceed to give you the benefit of my personal experience, from which you may cull some further ideas.

In preparing for an entertainment I always select a pleasant hall with attractive decorations, where the lighting and ventilating arrangements are good, and the seating accommodations sufficient. I muster my ancient and reliable subjects and give them careful instructions as to the part they may be expected to play. For example, some are to lead the way when I call for volunteers, others are to discuss the experiments with persons in the audience and encourage them to offer themselves. I take a few with me to the platform, and they remain with me during the performance, giving me such assistance with the neophytes or volunteers as I may need. All now being ready, the audience in their



places, and my subjects prepared for action, I make my bow, raise my hand to the musicians as a signal for silence, and address the assembly in some such manner as the following:

LADIES AND GENTLEMEN:—

We are assembled here this evening to make some experiments and investigations into the wonderful, the ancient, the all-powerful conditions of psychic phenomena as manifested in that branch of occult science which we now call Hypnotism. Imagine not, dear friends, that the wonders we are about to consider are novel or of recent discovery. They are, I was about to say, as old as human nature; but I may go further than this and assert that they are as old as creation. They are, in effect, investigations into the life which the spirit lives when separated from this covering of flesh, the life which the angels are living always, the life which we ourselves shall live some day, we know not when or how, in the world beyond. Our object to-night is to cause the flesh and its powers, the intellect and reasoning faculties, to slumber; while we thereby temporarily set free that invisible spirit which we call the ego, or the soul, or the subjective mind, according to whether we are talking metaphysics, theology or psychology.

It has been wisely stated that "a little learning is a dangerous thing," and while Hypnotism is at the present time exciting wide-spread interest from scientific and professional men, the great American public, the judge before whom all things shall be tried, is left in uncertainty and ignorance to glean from that "little knowledge" which reaches it from scientific lectures and medical colleges, the facts and possibilities on phenomena which most nearly concern its health and welfare. To my mind there is more danger in public ignorance than in any amount of knowledge; and during our experiments this evening I shall endeavor to make all things plain, to divest Hypnotism of the supernatural and mystical character which circumstances have thrown around it, and to show its usefulness both in medical and social conditions.

I am about to place in a condition of hypnosis or sleep many persons whom you

know and some whom you do not know. While they are in this condition they will recognize you no more, they will be no longer subject to your control, they will be almost as far apart from you as though they had already passed the boundary of what we call life and entered upon a spiritual existence in another sphere. The reason of this is neither occult, mysterious nor difficult to compass. It simply means that their bodily and mental faculties are at rest or temporarily paralyzed, leaving their spiritual or subjective mind free and open to suggestion. Yet the condition is only tem-



"Begin with a single subject."

porary and at the command of him who placed them in this state. In a brief time they will return to normal consciousness and be again as before, your friends and neighbors in the flesh. Should the operator not restore them, nature would do so herself. There is nothing alarming in the hypnotic condition, there is not the slightest danger. All that is done is simply achieved by natural human power; and there is not one of you in this audience who could not bring about the same conditions if properly instructed. The object of this exhibition is to show, feebly it is true, but still to manifest the tremendous power of mind—the



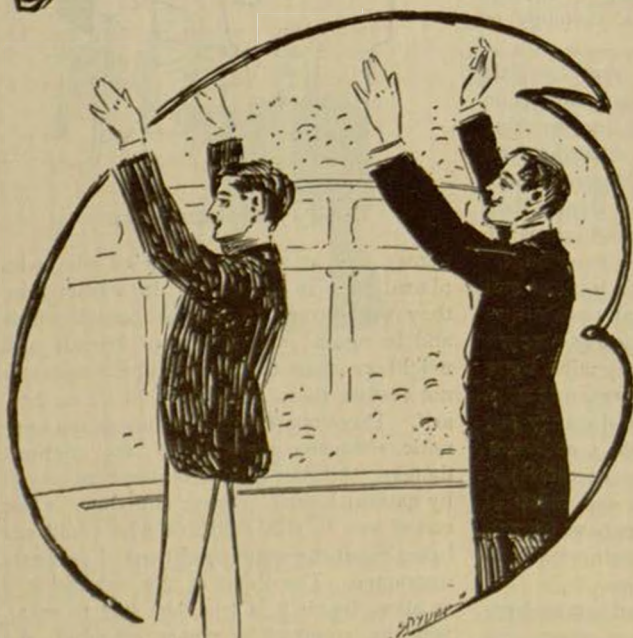


subjective mind—over matter. And it must be remembered that as yet the science of hypnotic suggestion is, so far as we are concerned, in its infancy. The phenomena, it is true, are as old as the world we dwell in, but it is only within this last quarter of a century that we have discovered the principle or rule which governs these phenomena. Consequently I can only tonight show you the mere A B C of psychic phenomena, simply child's play to what we shall all be able to do when this wonderful science has reached its maturity. But I hope by this exhibition to convert you all into experimenters, so that the study may progress the faster and the power of Hypnotism, with all its possibilities, may be familiar to, and within the reach of all. We will now proceed to the experiments.

Calling one of my regular subjects, a lad of sixteen, seated on the platform, I proceed to hypnotize him by the mental process, *i. e.*, by simply ordering him to go to sleep and telling him that he can not open his eyes. The result is accomplished in less than a minute, he being an old responsive. I have



"He will fall on his knees."

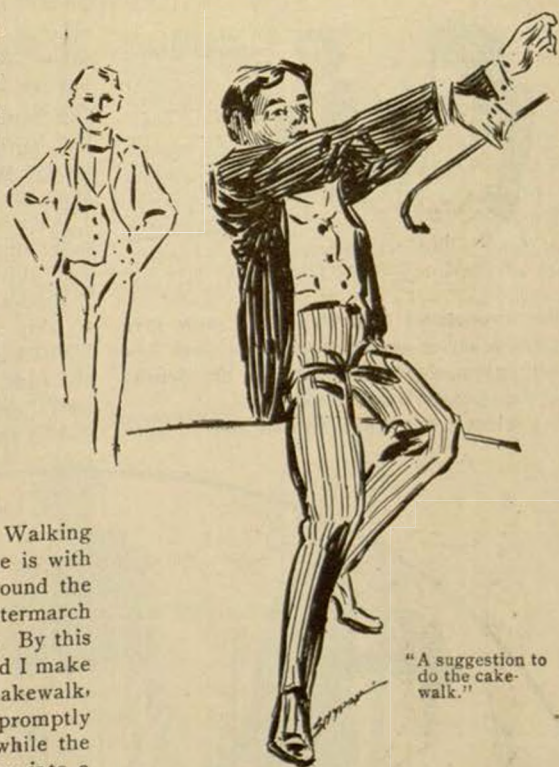


"Walking backwards with uplifted hands."

found that in giving public entertainments it is best to begin with a single subject and with the simplest experiments, and gradually work the wonder and admiration of your audience up to a climax. If you begin with half a dozen subjects and a magnificent display, the wonder of the spectators soon wears itself out and your later experiments fall flat. Having now my subject well in hand. I tell him he is a minister and order him to give a five-minute sermon on—say—the keeping of the sabbath. Immediately he will assume the air and gestures of a popular



preacher, and will deliver a lecture on the suggested subject that would bear comparison with any Sunday discourse. When the five minutes is up he will stop. I then remark that it is Christmas eve, and that the Herald Angels are visible in the midnight sky singing their "*Gloria in Excelsis Deo*." Instantly his face assumes an expression of ecstasy, and he will fall on his knees with uplifted hands. Ask him what he sees and hears, and he will give you the most rapturous description of the beauty of the angels and their bursts of unearthly song. As a variety I next order him to get up and follow me, and now wherever I go he becomes my shadow. Walking backwards with uplifted hands, he is with me. I turn my back and march around the stage—he follows. Zigzag or countermarch how I may, I cannot shake him off. By this time the spectators are giggling, and I make my subject a suggestion to do the cakewalk, myself stepping quietly aside. He promptly changes his gait and pushes on, while the snickering of the audience develops into a roar of laughter. The effect is comical, and a great point is gained when you have warmed up the cold audience to hilarity. Nothing so quickly places the audience and



yourself *en rapport* as a hearty laugh. In a few minutes I bid my single subject awake, telling him first that ten minutes after waking he will be seized with an irresistible

desire to shake hands with every person in the audience. As soon as he is restored to normal consciousness I send him down among the spectators, that they may satisfy themselves that he is really and truly himself again. For a short time he chats and laughs with perfect self-possession, but at the end of ten minutes shows symptoms of restlessness, and a moment later he arises and commences to shake hands all around. I make a little speech explanatory of post-hypnotic suggestion, to cover the period while my subject is fulfilling orders, and then I bid him rest, and explain to the people that, having demonstrated to them the obedience of



"He commences to shake hands all around."



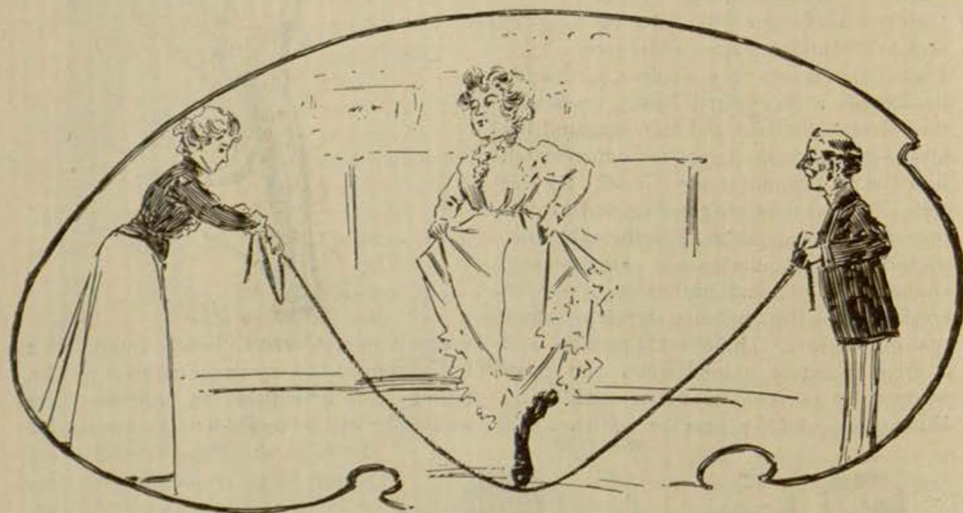


"A very stout woman and little man."

the hypnotized subject, I shall now give them a series of experiments to show how willingly a responsive sacrifices his identity at the operator's command.

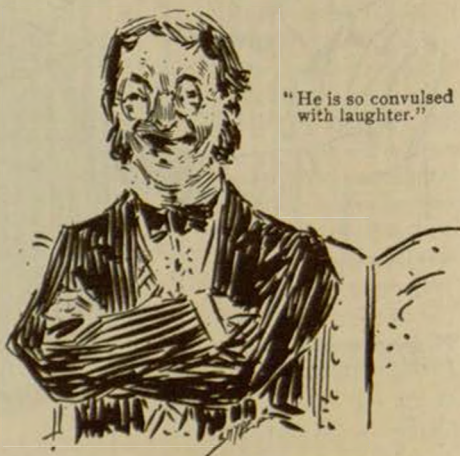
I select a very stout woman and an aged

ceedings, and under different circumstances might do so, but at present he is so convulsed with laughter that the poor fellow can hardly speak, still less protest. After the balcony scene I drop Shakespeare's classic scenes, and calling for a volunteer from the audience, a lady of mature years, I place her with the others in a light hypnotic sleep and inform them all that they are children playing on the sidewalk. Handing them a long rope I instruct them to skip as in the days of yore. Without hesitation Romeo and the new arrival take the ends of the rope while my fat and forty ex-Juliet does the skipping. One would hardly expect her to display such agility in



"My fat-and-forty ex-Juliet does the skipping."

little weazen of a man, whom I know to have been playgoers and well read. After placing them in a deep condition of hypnosis, I tell the lady that she is Juliet, and the man that he is Romeo. The fun that follows becomes almost hysterical. The portly Juliet acts her part to perfection, her subjective memory supplying the text almost perfectly and showing the wonderful retentiveness of the subjective mind. Her expressions, attitude, and motions, all reproduce perfectly the latest stage peculiarities, nor is the man behind her in amatory attainments. The husband of the lady, present among the spectators, might reasonably be expected to object to the pro-



"He is so convulsed with laughter."



her normal state—nor, indeed, could she, but in a hypnotized condition she gathers up her skirts and hops over that swinging rope with a persistence and agility that would put little maids from school on their mettle. Her face wears a pleasing smile, and when she misses and retires at the 89th jump, she turns with alacrity to her comrades and says, "I beat you all."

The next performance is by a young

acteristic of the ordinary ecclesiastic, and he at once commences a discussion with the supposed spirit, that for depth, logic and hard hits on either side could hardly be beaten by the eminent authorities themselves, had they been actually on the topic. My friend having been a theological student for over four years, has his brain well stocked with arguments for and against infidelity. Not in the least hampered by the



"I beat you all."

theological student, an old friend and subject of mine, and is a reproduction of what actually happened at one of my seances. Having placed him in a condition of deep somnambulism, I instruct him that he is a theologian and that the spirit of Tom Paine is present and ready for a discussion. Instantly the rounded features of my youthful friend dress themselves in that expression of intellectuality, tempered by asceticism and dominated by self-satisfaction, so char-

acteristic of the ordinary ecclesiastic, and he at once commences a discussion with the supposed spirit, that for depth, logic and hard hits on either side could hardly be beaten by the eminent authorities themselves, had they been actually on the topic. My friend having been a theological student for over four years, has his brain well stocked with arguments for and against infidelity. Not in the least hampered by the

In order now to show how completely





"At once commences a discussion."

Imagine we can be coaxed into providing for them a piece of steak or a saucer of milk. Finding no such repast at hand, however, our improvised cat promptly discovers a mousehole. After sniffing at this for some time, he crouches down beside it with hands tucked under his chest in the unmistakable attitude of an expectant mouser, but when I call "Puss, puss," he trots up briskly and rubs himself against my knee with a plaintive mew.

I now restore this subject to his normal consciousness, and as I am by this time somewhat tired, announce fifteen minutes interlude, during which subjects and spectators mix freely together, and a buzz of conversation fills the hall. During this

personality is at the mercy of the operator, I inform the same dignified percipient that he is a cat. Immediately he drops on his hands and walks around the platform on all fours, with his head well up and that plaintive, beseeching expression of countenance which our feline friends wear when they

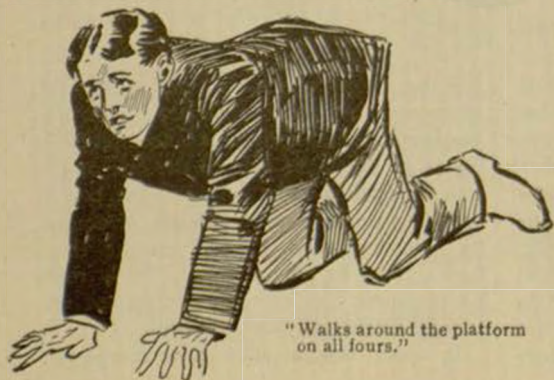
recess I will take the opportunity to explain to my readers that experiments like those just recorded are difficult, and require long and extensive experience on the part of the operator and an unusually sensitive percipient who has been hypnotized and experimented with over a period of time, and who is thoroughly trustworthy. Many subjects could not be used for such experiments by reason of their adverse auto-suggestion. Some

who are of a proud and lofty character will never consent to a suggestion that makes them appear ridiculous. It is important, therefore, before giving public entertainments, to have a number of well tried and sensitive subjects at hand for your best experiments as volunteers, and new responsiveness can be used only for simple and commonplace efforts.

After the interlude I announce that I will show some features in negative suggestion, and as this is a simple and usually safe line of experiment, I announce that I will welcome volunteers. A miscellaneous group usually responds to this invitation, preceded by three or four old subjects who have been instructed to "lead the way." I seat them all in a semi-circle and glance rapidly along the line to see if any must be rejected. As a test question, I ask if all are freely willing to give themselves up to my control, and by watching the ex-



"Scores a victory for Christianity."



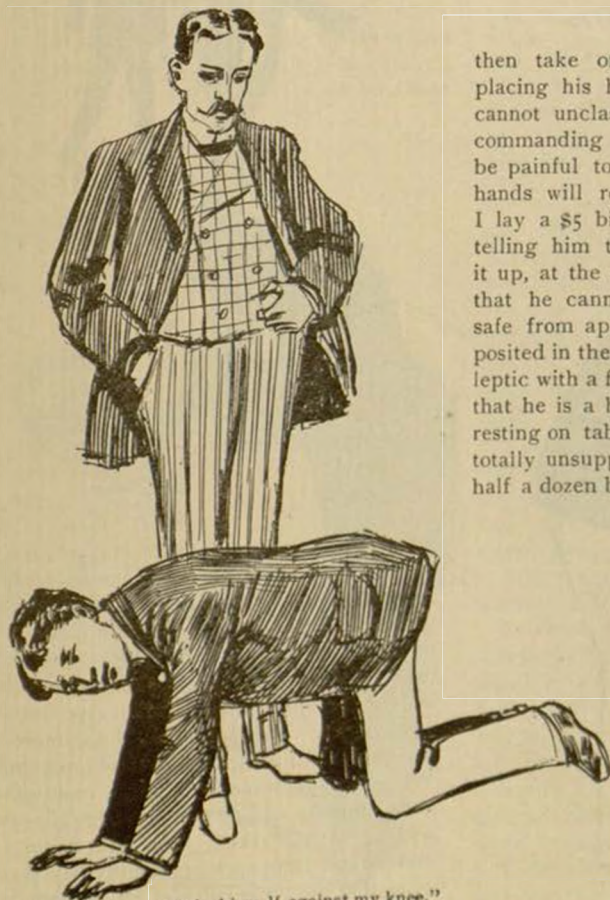
"Walks around the platform on all fours."



pression of those who reply I get a pretty good idea of their disposition. As a rule I reject as few as possible, for the rejected ones are very liable to feel aggrieved and to circulate in the audience the report that I could not hypnotize them, that I was afraid, etc. We will suppose that on this occasion, as frequently happens, I reject none. I furnish them all with a button or radiator and get them into a condition of somnambulism according to the methods given in my Lessons. Any particularly hard cases I do not labor with just then, but request them to take a seat at one side of the platform that they may be influenced by example. I



"Three or four old subjects lead the way."

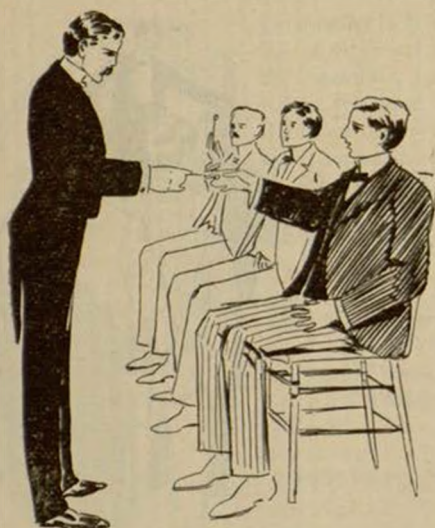


"Rubs himself against my knee."

then take one of the somnambules and placing his hands together, I tell him he cannot unclasp them, at the same time commanding him to try. His efforts will be painful to witness; but clasped those hands will remain until I release them. I lay a \$5 bill at the feet of a poor boy, telling him that it is his if he can pick it up, at the same time suggesting to him that he cannot. That five dollars is as safe from appropriation as if it were deposited in the bank. Another I make cataleptic with a few passes and suggest to him that he is a bridge. With head and feet resting on tables and the rest of the body totally unsupported, I may stand on him, half a dozen boys may walk over that rigid form. He will not bend.

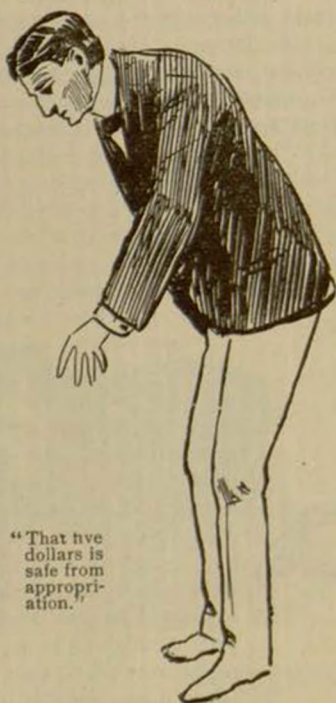
I now create something of a sensation with my two or three hard cases along the same lines, to show the tremendous negative power of Hypnotism, and that without putting them to sleep at all. To do this I take one of the neophytes—wide awake, and having briefly explained to the audience what I am about to do, I direct him to place his hands, palms down, fair and square





"I furnish them all with a button."

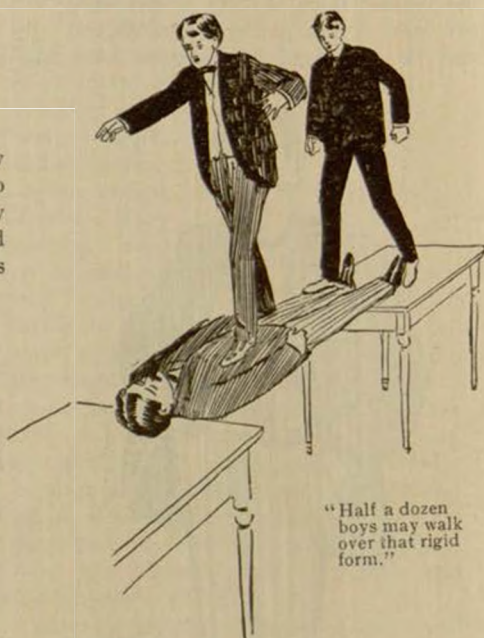
on the top of mine—palms uppermost. I now suggest that his hands become fastened to mine so that he cannot pull them away, try he ever so hard. I then say quietly and firmly, "Now, you cannot take your hands



"That five dollars is safe from appropriation."

away." The struggling and grimaces which follow afford plenty of innocent mirthfulness to all concerned. This is called Fascination.

With another I take his right hand and placing it on top of my left hand, fix my eyes on his and make a number of magnetic passes down his arm and over his hand, with the intention of fastening his hand to mine. I then make passes (with my right hand) down in front of his body to his knees, as if charging his body and legs with my influence; then, making passes at the knees with the intention of causing him to kneel. In a short time he will go down



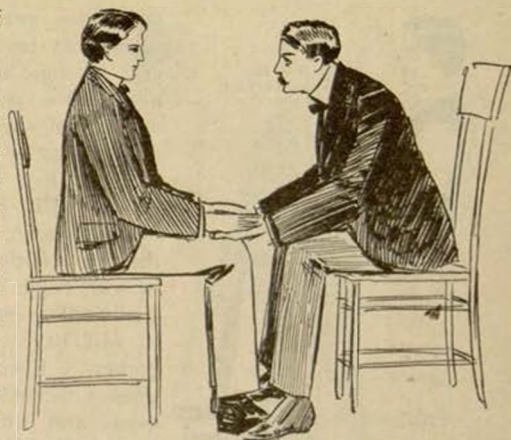
"Half a dozen boys may walk over that rigid form."

unresistingly upon his knees, much to his astonishment, and the amusement of others present. There are a great variety of similar experiments which may be carried out upon persons when wide awake all the time, which can do no harm, and give much amusement. Aye, and something more—far more—valuable than the foregoing. Where you possess such control, your influence, power, and sympathy over disease will be truly marked. You will begin to understand, from such apparently trivial results, that the great value of Hypnotism lies



in its power to alleviate the suffering of humanity.

After this I commence a series of experiments to demonstrate the power of Hypnotism over the body, both in producing and in curing disease. First, I select one of the subjects who had not succumbed when the rest were hypnotized. They had been greatly impressed by the subjective condition of their companions, some of whom had been personal acquaintances never previously hypnotized, and also to the waking experiments to which they themselves had been subjected. I now find them very willing, and indeed anxious, to be made the subjects of experiments. Nor do they flinch when I announced to the spectators that I would make one of them bleed severely from the nose and raise a large blister upon the arm of the other. Seating them in chairs, I take up a position in front of them, and holding a hand in front of each I say, "Now I want you both



"Now you cannot take your hands away."

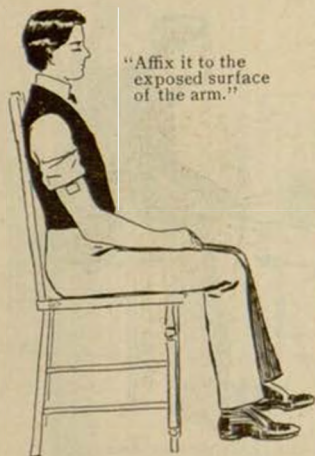
to assume that you are going to lapse into a condition of quiet sleep. As you sit in your chairs, please lock your hands, relax yourselves as well as you can, and as I hold my hand in front of and a little above your eyes, direct your gaze at the ends of my fingers. Look steadily at the ends of my fingers, let nothing divert your attention, but look steadily and listen to me while I talk. As you fix your gaze and steadily look at the ends of my fingers, you will very soon observe a quiet, easy feeling coming over you. Your heads feel easy, your arms and hands feel heavy, your eyes get tired, the lids tremble and grow heavy, and a quiet, sleepy feeling comes all over your body. You are feeling very sleepy. Your eyelids are getting very heavy, very heavy, and you can hardly keep your eyes open any longer. Sleep is coming. Your eyelids are heavy, heavy, closing, closing, closing, sleepy, sleepy, sleepy; your eyes are closed, closed, closed, and you are sound asleep, sound asleep from head to foot."

"He will go down upon his knees."



I now direct the attention of the spectators to the fact that both are to all appearances in sound and perfect health, and baring the arm of one I show that it is clean and free from all marks or scars. I then cut out a square piece of paper, and moistening the same, affix it to the exposed surface of the arm, telling the subject that when I remove it in ten minutes a large and well formed blister will appear beneath. Leaving this suggestion to work, I turn to





"Affix it to the exposed surface of the arm."

the other percipient and taking out my watch suggest to him that in five minutes his nose will begin to bleed, slowly at first, the flow gradually increasing until in five minutes the blood will be pouring rapidly. As soon, however, as the flow is fairly established, it will begin to mitigate, until in five minutes more it will have ceased altogether. Everything progresses according to program, and when the flow has ceased I suggest to this patient that on waking he will feel perfectly well, bright and happy, and will return at my command to his seat among the spectators. In ten minutes, how-



"Taking out my watch."

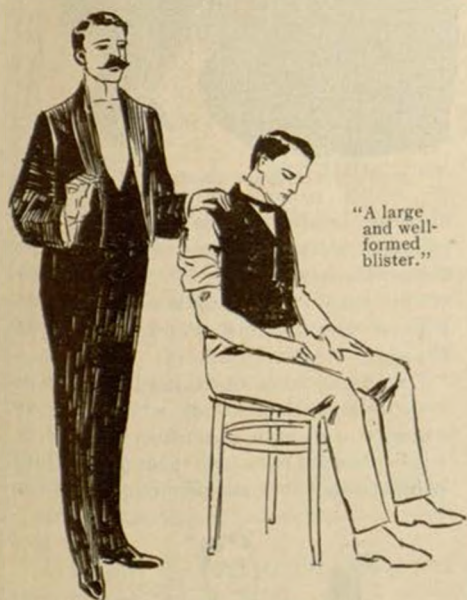


"Look steadily at the ends of my fingers."

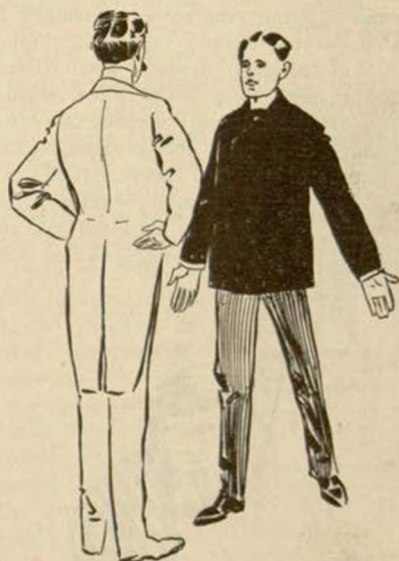
ever, he will be taken with cramps in the stomach, which will be quite severe for about ten minutes, and then suddenly cease, when he will feel as well as ever. Leaving this suggestion to soak in, I turn to the other subject, and removing the paper I had fixed to his arm, display to the spectators a large and well formed blister exactly similar in size and shape to the piece of paper I had affixed thereon. I now suggest to this patient that in five minutes he will awake and return to his seat. In an hour later he will desire to return to his home, but will find that he has completely forgotten his name and address, and



has no idea in which direction to start out. He will appeal to many of the spectators, who will not be able to inform him, and finally he will come to me for the requisite information. I shall then release him from the suggestion, when recollection will return to him. I now arouse both these young men and send them to their places. The post-hypnotic features occur on schedule time, to the great mystification and awe of everyone present, more particularly to the actors themselves, who cannot for the world imagine what has happened to them.



"A large and well-formed blister."



"He will come to me for the information."

known as Adam's apple. In a few minutes she commenced to swallow and smack her lips as though imbibing something, and a few minutes later became more apparently drunk than I had expected. A rather demure young matron of thirty-five or so, in



"I laid a vial of spirits against the neck."

I will now announce that I shall undertake to make any volunteer wildly intoxicated without permitting him to drink a single drop of any sort of liquid—not to say liquor—and further, that I shall cause a second to manifest every symptom of drunkenness simply through infection or personal contact with the first. Several volunteers of both sexes come up to the platform, from among whom I select a man and a woman. The following was the result of a former experiment of mine along these lines: Placing both in a hypnotic trance, I laid a small vial of spirits against the neck of the lady; close beside and in contact with that organ which is usually

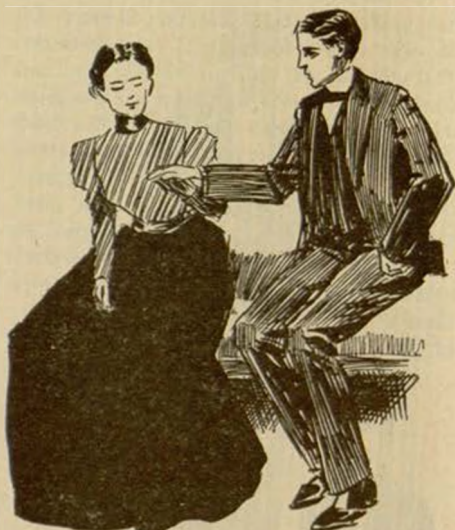


her natural state, she soon commenced to hop on one leg around the room, singing "Rock me to sleep, mother," and "Home, Sweet Home," in a boozy voice, accompanied by the hilarious merriment of the audience. Soon after she attempted to fly to the tune of "Would I were a Bird," and might have injured herself by falling from the platform had I not captured her and carried her, in spite of struggles, to the sofa.



"Commenced to hop on one leg."

Here I made suggestions of tranquillity to her, and making her clasp the other subject's hand, I proceeded to carry out the second part of my promise by transferring the condition of intoxication to the gentleman. This was accomplished by suggesting contagion to the new subject while their hands remained clasped. In a very few minutes, and with no other treatment, the gentleman began to manifest signs of a



"Making her clasp the other subject's hand."

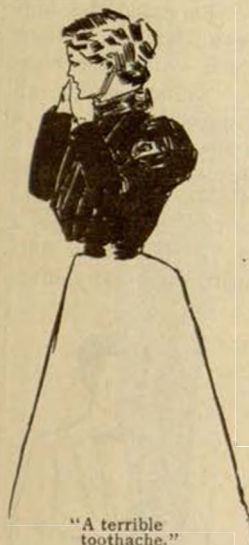
lively jag, while the lady sank into a deep lethargic sleep. In due time I release them. Having now proved what hypnotic science can do in the production of disease, I proceed to manifest its power in curing the same.

First I call for volunteers who may have a decayed or loose tooth which they are willing to part with, promising that the extraction should not cause them the slightest pain, and that they should not even be con-



"Signs of a lively jag."





"A terrible toothache."

scious of it. This experiment is only possible where you are a practical dentist or can command the services of one. Having induced the volunteers to show their superfluous molars, I place them in an advanced condition of lethargy and suggest to them that they have a terrible toothache. Immediately they will moan with pain and pray for relief. I then assure them that I have an oriental remedy which I shall apply to the tooth itself, when the pain will immediately cease in that tooth forever. Moreover, that its application will not cause the slightest pain and they shall be unconscious that anything has been applied.

I now operate, or cause the assistant to operate, by extracting the tooth in the usual way. When restored to consciousness, one of the subjects declines to believe that his tooth has been extracted, and feels around his mouth to make sure

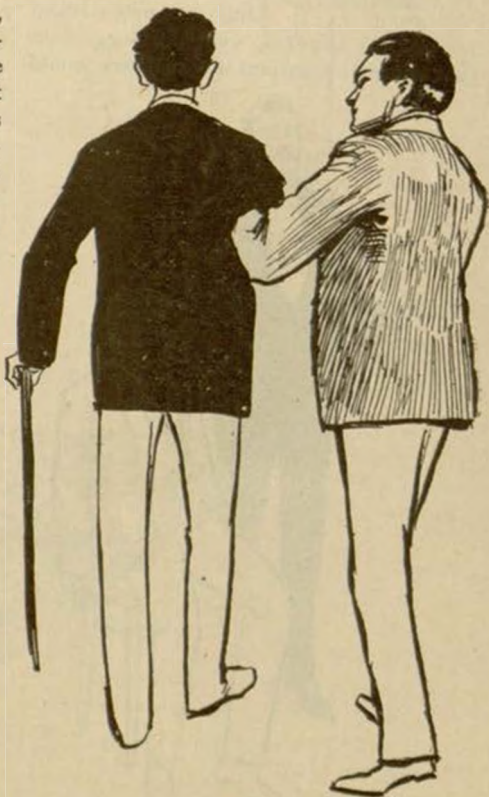


"Feels around his mouth to make sure."

—a process which greatly edifies the audience. It must be stated, however, that a certain proportion of subjects, especially new and untried ones, cannot be hypnotized so deeply on the first attempt as to make them insensible to pain. This experiment, therefore, is somewhat uncertain, and is best used with old subjects accustomed to the deep hypnotic trance. An experienced hypnotist can tell at a glance whether the new subject will be subjective to the deeper stages or not. This is a matter that experience alone can teach.

At one of my seances two young men approached the platform, one of whom had had a fall the evening before and seriously injured his leg. He could only walk with the assistance of his companion and had no business to be walking at all with his limb in the state it was. He was in great pain, and on baring the leg, the following conditions presented themselves: Wound over the shin bone one and one-half inches in length, leaving a raw, angry-looking surface. Severe bruise on both sides of wound. Entire limb from ankle to knee discolored, swollen, very sore and painful.

Sleep was induced by the usual methods, and suggestions for relief of the pain were given. He was left a few minutes



"Two young men approached the platform."





"Walked around the platform."  
for several minutes, with the suggestion that when the patient awoke there would

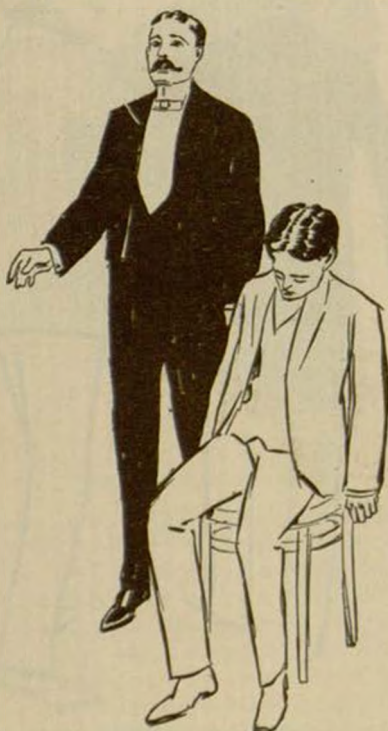
and then awakened and told he could move around freely without pain. Patient arose and walked around the platform, saying that he felt no pain. A perceptible thrill was observed to pass among the spectators. Deciding to see what could be done toward reducing the swelling, the patient was again put to sleep and suggestions made that the pain had now disappeared completely, and would not return. The limb was now stroked

not be any swelling. Repeated the suggestion several times and left the patient sleeping for half an hour while other matters were attended to. On awakening, all the swelling had disappeared, and only a slight discoloration remained.

I invite anyone in the audience who is suffering from any disease or bad habit to step up to the platform and receive a treatment, explaining at the same time that one treatment will not usually effect



"I invite spectators to bring their suffering friends."



"Placing the volunteer in a state of somnambulism."

a cure, but it will surely give relief and indicate the line of treatment necessary to permanent recovery. If I am giving a series of lectures in one place, I invite spectators to bring their suffering friends.

There are sure to be two or three persons given to the use of intoxicants among the spectators. I invite one of these to come up and permit me to demonstrate how completely the desire for liquor may be controlled by suggestion. Placing the volunteer in a state of somnambulism, I first explain to the spectators that I am about to deprive him, temporarily, of all desire for liquor, but that if he yields to





"I invite anyone in the audience."

him in the course of the evening. After some persuasion, he will drink it, the result being that he will be violently sick for some hours, and that this nausea will return every time he touches liquor during the nine days; also that he shall have no

persuasion and takes a glass any time within nine days, it will make him violently sick.

I provide one of his acquaintances with liquor, and instruct them to urge him to take it some time after he returns to his seat, when the result will be apparent. I then turn to my subject and go through the usual forms of suggestion, telling him that he will have no taste for liquor for nine days, but that a glass of whiskey will be offered to

recollection when he awakes of what has been said to him while in a state of somnambulism. Everything will now take place exactly as stated, and the experiment will prove the best temperance lecture ever given in that district.



"He will drink it."





## SOME FURTHER SUGGESTIONS.



"The power of music."

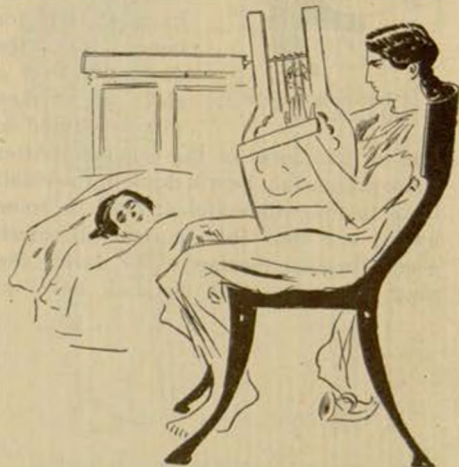
There are two circumstances by which a public or private entertainment can either be helped or diversified; the first is by the power of music as a suggester, the second is by the hypnotization of animals, in which latter field some very interesting examples may be given.

Dr. Thomas Bassett Keyes is the apostle of music in various states of mental deficiency, and as a powerful aid to suggestion in hypnosis. The following reflections are gathered from his various writings on the subject:

Music has been defined as the art of moving the feelings by a combination of

sounds. As a curative agent, music was recognized by the ancients. It was found useful to relieve the plague; also the effects of bites and stings. It was the first recorded remedy for the relief of madness.

The effect of music alone upon the lower animals is noticeable. The spider is said to be particularly fond of music, and of whales and porpoises it has been written that they could not resist the effects of some music. The war horse, excited by martial music or the sound



"Music was recognized by the ancients."



Thomas Bassett Keyes.

of the clarion, grows restive, runs and plunges furiously into the midst of the fray and the thickest of the fight. It is commonly known that dogs are keenly sensitive to the sounds of certain instruments. Music makes some of them utter woeful cries. Gretry observes that these animals howl, particularly when discords are long sustained, but never if the melody is simple, or if the rhythm is appropriate to the chase. When a bird is first having a lesson from the bird organ, you will observe that at the first sound he opens his eyes, becomes very



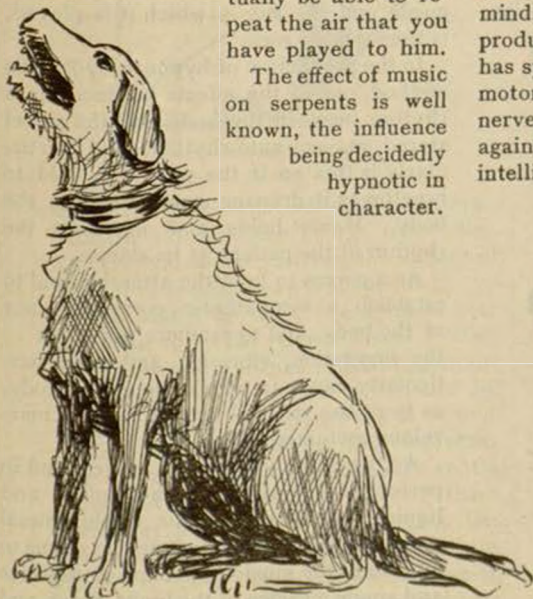


"The warhorse, excited by music."

attentive, approaches the bars of the cage, and the gentle shaking of his wings shows that he is affected by the sound to which he is listening. If his lesson be prolonged for some time, you will hear him warble some of the notes he has just heard. By many repetitions he will eventually be able to repeat the air that you have played to him.

The effect of music on serpents is well known, the influence being decidedly hypnotic in character.

The effect of music on serpents is well known, the influence being decidedly hypnotic in character.



"These animals howl."

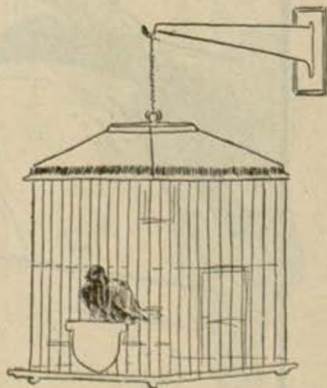
The deadly cobra of India when coiled around a limb of its victim has often been coaxed from its prey by the sound of music, an influence which it seems unable to resist.

Turtles may very easily be charmed by the sound of slow, monotonous music. There are in Brazil several well known turtle charmers whose specialty it is, by the use of music,

to catch all the turtles they want. The charmer plays his instrument, and the result is seen in fifteen or twenty minutes. If any turtles are in the vicinity they will appear, first singly, then in groups, and lie around listening to the music with great attention. In this condition they are easily caught, and seem so stupefied that they make no effort to escape. Music on the normal human mind, in a state more or less of hypnosis, produces variable results. Some music has special action on the intelligence and motor nerves, other music influences the nerves of sensibility and sentiment, while again some music acts all at once on the intelligence and on the motor and sensory



"The deadly cobra of India."



"Approaches the bars of the cage."



nerves. Slow, monotonous music, provided it is not too sluggish, has a calming influence over the individual, because it is then in accord and harmony with the



"The charmer plays his instrument."

nerve habit of the person who listens. The emotions increase in proportion to the force or grandeur of the composition.



"Melody as from the violin."

In some will be provoked the feeling of furious movement, a wild ride.

Some music evokes only calm and lofty ideas of repose and power. If a waltz is played, the patient will feel that he is enjoying himself. If a march is played, he



"A wild ride."

will feel inspired. The importance of discrimination, as regards the class of music and the key in which it is played, is thus readily seen.

In the production of hypnosis by Braid's method, one of the effects produced is a rhythm between the body and the object stared at, an auto-rhythm, and particularly is this so if the patient is told to breathe as if drawing something into the body. Music holds and increases the rhythm of the patient as he sleeps.

As a means to hold the attention and to establish a sympathetic correspondence of the body, and to promote the effect of the suggestion, vibration, and more particularly music in which there is melody, as from the violin, I have found of marvelous usefulness.

Acting directly upon the nerves, and in perfect harmony with the solids and liquids that pertain to the whole animal economy, every nerve and muscle seems to vibrate to the music. Groups of muscles and single muscles of the limbs, trunk and



arms, and sometimes the muscles of the neck and face, rise and fall, quickening or easing their action to the tempo of the air. The same may be said as to the beating of the pulse.

From these remarks it will readily be seen how important is the sympathy and skill of the musician whom you select as your assistant. In theatrical performances variety and musical skill are all that is needed for the orchestra, since the only necessity or object is to entertain. But the musician who accompanies the hypnotist must be capable of much more



"The guinea pig is an excellent cataleptic."



"A cataleptic kitten."

than this. He must have the fine, sympathetic intuitiveness of the true artist, and must know instinctively the variety or type of music needed at the moment.

The ability to hypnotize animals may be useful to you at certain times. When you strike an audience which is ignorant and skeptical, or one that is satisfied by the performances of hypnotists of various grades, from the expert to the charlatan, you can arouse a novel thrill in the gentle breasts of your critics by showing them what they have probably never seen before, a somnambuled frog or a cataleptic kitten. I quote two or three experiments of this kind, which the reader can add to

by further experiment of his own. That the majority of the lower animals can be hypnotized is something that the majority of people have never suspected. It is easily done, and can be made a source of great amusement. So far as some of the animals are concerned, it evidently plays a prominent part that they have a great respect for us. The methods are very practical, take effect immediately, and are absolutely reliable. Nor do you require an advance guard of old subjects, as with animals one percipient is as good as another. Gentle and protracted excitement is needed to effect hypnosis of animals.

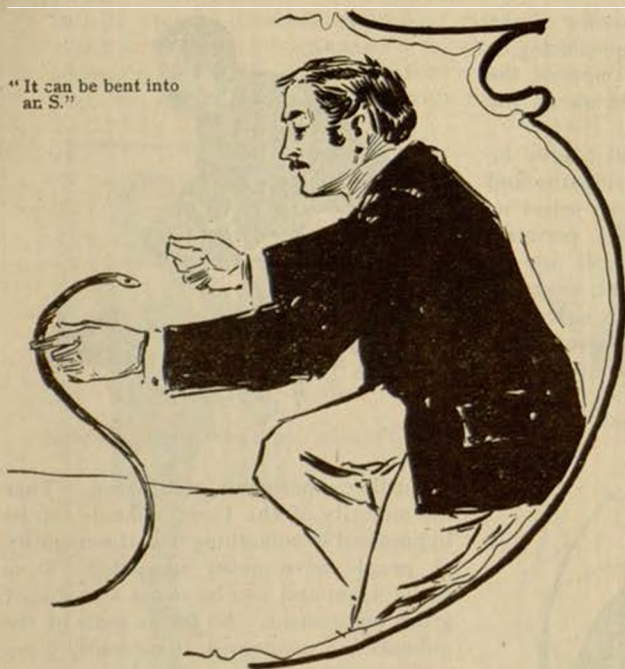
The guinea pig is an excellent cataleptic. If, says Carl Sextus, the nostrils



"Can be stretched upon its back."



"It can be bent into an S."



of this animal be kept for some time slightly compressed with a pair of pincers, the animal becomes hypnotic, and is thrown into such a stupor that it can be placed in the most ridiculous positions without being awakened. The frog admits of experiments that are quite interesting and easy. Henkel has shown that if a lively frog is lightly held between the fingers with the thumb on the belly and four fingers on the back, the animal becomes perfectly motionless, and at the end of two or three minutes can be stretched upon its back or placed in all sorts of positions without making any attempt to escape.

Some species of snakes are put in a cataleptic state by a light pressure between the fingers on the neck. When thus influenced the reptile will stand stiff on its tail like a stick supported by the outstretched hand. It can be bent into a V shape or an S without making the smallest resistance, and this remarkable condition can be ended by blowing on its neck. As the reader is aware, the same method of blowing is used in relieving a hypnotic person of the cataleptic state.

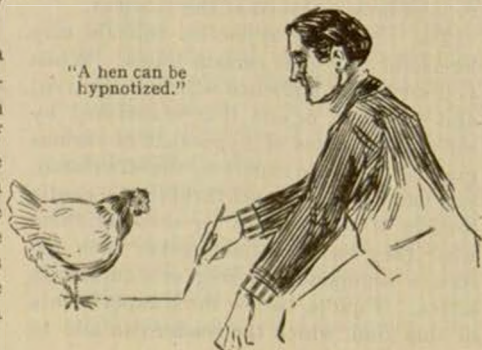
Pigeons can be hypnotized by being held on the table on their left sides. They will remain in that position until released. It is not easy to catch a pigeon in its natural state, but it can be completely subdued by walking round and round it. The bird turns itself, fascinated by the act, and in a few moments can be picked up by the hand.

A hen can be hypnotized in several ways, and either catalepsy or lethargy induced, according to the method used. One of the best known experiments is the following: Tie the animal's legs and place it before a line drawn from the beak outward upon the floor with white chalk.

Afterwards, if the string be untied and the bird excited, it does not for some time issue from the cataleptic state.

A veterinary surgeon assures me that horses are very susceptible to hypnosis, and that while in this state they will conform to suggestion. There is no question but that the wonderful powers of certain horse-tamers are due to their hypnotic skill. But as the horse is not a suitable animal for exhibition at a hypnotic entertainment, this matter need not be here discussed.

"A hen can be hypnotized."







"Horses are very susceptible."

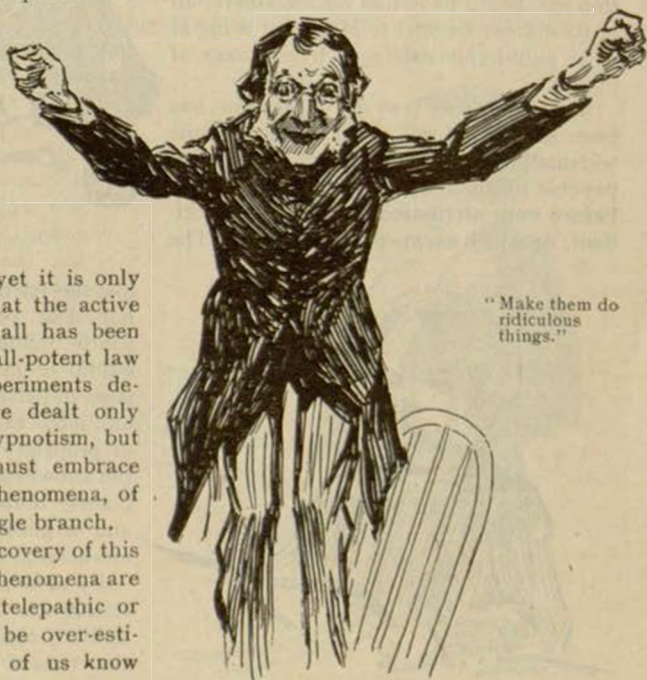
### Cui Bono.

And what is the use of it all? someone asks who is an unbeliever, not in Hypnotism itself, but in the good that it may do. What is the use of sending a few thousand people to sleep in order that they may imagine themselves to be someone else than themselves, or to make them do ridiculous things that they would not do while in possession of their objective senses? The answer to this question requires a whole chapter, and then it can only be imperfectly answered because of our limited experience. It may truly be repeated that our knowledge of both hypnotic and psychic phenomena is in its infancy, for though experiments along these lines are as old as creation, yet it is only within the last few years that the active and guiding principle of it all has been discovered, the wonderful, all-potent law of suggestion. In the experiments described in this book, I have dealt only with the simplest form of hypnotism, but in considering results we must embrace the entire field of psychic phenomena, of which hypnotism is but a single branch.

The importance of the discovery of this law upon which all psychic phenomena are based, the law of hypnotic, telepathic or psychic suggestion, cannot be over-estimated. The most ignorant of us know

subjectively, if not by our reasoning faculties, that all our life is a mystery, and yet the most mysterious and most marvelous thing we know of is the fact that we are governed by law, and that every act we perform and every thought we think is a product of law. Hitherto it was supposed that the one condition in life which was above or independent of law was the phenomena of the mind and soul, but now late in time we have learned that every mental and psychic effort of our own consciousness is immutably fixed by our subjective condition, plus our environment and the suggestion of ourself or others.

So important to all is a knowledge of the laws and conditions governing these phenomena, that it would be well if every man, woman and child of ordinary intelligence could realize the part that suggestion has played in the political and religious history of the world. It has made prophets and seers of old, saints and martyrs ancient and modern, witches and wizards at the beginning of our century, and religious fanatics of all conditions and



"Make them do ridiculous things."





"And parents their wayward children."

sorts. But for the power of auto-suggestion we should have had no reformers, all of them from Samuel to Mahomet being at once auto-hypnotists and hypnotizers of others.

Now that the law of suggestion has been discovered, all these truths become widened, as well as the varied mental and psychic phenomena of modern life, which before were attributed to chance or accident, or which escaped observation. The

power of hypnotic or even telepathic suggestion in social life is almost infinite. It would be impossible to speak too highly of its value as a means of controlling others, as from this standpoint it rules over the whole domain of personal and social relations. Husbands are enabled to control their wives, wives their husbands, and parents their wayward children.

By being able to control those you love, you can save them from mistakes, disappointments and failure. You can guard them against evil, and make smooth their path in life. If you have a son, husband or father who is addicted to the liquor habit, you can save him by Hypnotism from a drunkard's grave. If you have



"Addicted to the liquor habit."



"The dull boy can be infused with brightness."

lost the friendship or affection of one you hold dear, you can regain it through this subtle influence. If your children are willful or incorrigible, you can dominate their impulses, correct their vicious habits and mold their conduct to the standards of propriety and good living. Thus does the knowledge of Hypnotism make happy homes, united and loving family groups, and a general sunny atmosphere of domestic peace, affection and prosperity.

By means of suggestion the laggard intellect can be stirred into ambition; the dull boy can be infused with brightness; the vicious can be reformed and the





"The accumulation of money."

slothful made diligent. There is no end to the good which post-hypnotic suggestion will accomplish if wisely used by those having children in charge. As all parents know, there are some personal habits or vices that must be arrested at every cost, and here it is an undoubted fact that Hypnotism never fails. This whole subject must impress itself on parents, or on those having parental authority, as one of the gravest importance and involving a great responsibility on their part. If teachers and preachers fail to mold your children aright, then in Heaven's name what objection can there be to using for that purpose the kindly forces which nature offers to your hands?

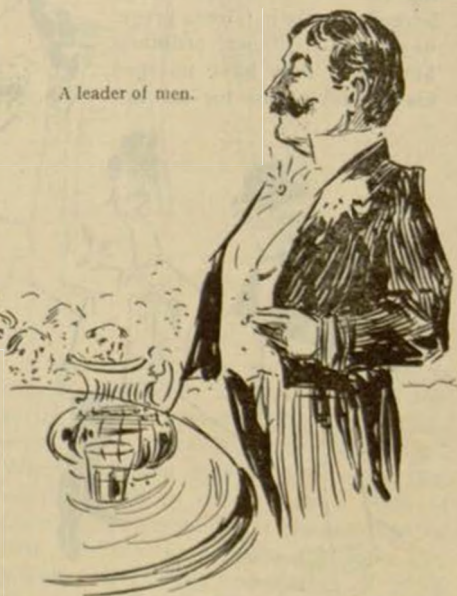
Nor is it only in benefiting others that the power of suggestion can be used in real life. It can be used with equal success for our personal advantage. Indeed, it is in the achievement of personal success that suggestion stands supreme among the agencies of life or fate. This one word, **SUCCESS**, conveys to us what all men wish for and are struggling to attain. To succeed in life is the object of endless toil, plans and aspirations. The prizes of this success are meanwhile as various as the training and disposition of those who struggle for it. Most men aim at success in the possession of wealth, the accumulation of money and property for themselves and families. Others deem it to consist in political advancement or high public office, while others again regard it as eminence in their respective callings,

in commerce, the professions, art, literature or mechanical inventions, or even in the perils of warfare by land and sea. But whatever the prize sought for, whatever the goal at which success lies waiting, it will be found most easily and surely attainable by him who can make use of the powers of hypnotic and telepathic suggestion.

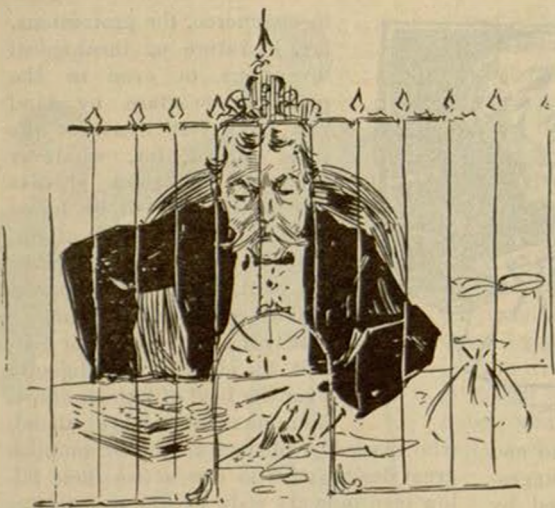
Anyone can see this for himself by glancing intelligently over the field of human effort. The men who forge ahead,

who overcome obstacles, who accomplish great deeds and who rise above their fellow men in every walk of life, are always they who have the strongest faculty for influencing others. This fact is so universal that it may be termed a law. It is the same with a millionaire merchant as with a victorious commander or a triumphant statesman. The man who wins success is always masterful, always a "leader of men." He is a Napoleon, a Bismarck, a Stanley or a Vanderbilt in his own sphere of action. Such men mold

A leader of men.







"If you want to prosper."

others to their own designs and sway even the multitude by the sovereign power of will. It is the custom to speak of them as magnetic men, to refer to their "eagle eye" and their "commanding genius," but when rigidly looked into their talents prove to be only of an ordinary kind, and they have no special qualifications for success



"You need never lack for friends."



"Every person you meet."

but this gift of controlling others. If you want to prosper, advance to position, influence and distinction, there is not under the heavens a more effectual way than by a thorough knowledge and use of hypnotic suggestion.

Everyone who wishes to succeed in life should be interested in securing the good will and respect of others. No nobler ambition could actuate the heart of man or woman, and it is the only sure method of reaching that commanding position in life to which all should aspire.

The great secret of success lies in the ability to influence others and bend them to your will. Every person you meet either influences you or is influenced by you. Your proper place in life is the one in which you influence and dominate others, but are not dominated by them.

Familiarity with the principles of suggestion gives you the true art of pleasing and fascinating, and with the ability to exercise this power over others, you need



never lack for friends and admirers. If you desire health, happiness, power, and the love of others, you may win your ambition and make life successful.

Of all the valued blessings which the discovery of the Law of Suggestion has brought to the human race, perhaps the most indisputable and unqualified is in the relief and cure of disease through the various agencies of hypnotic trance, men-

troverted. No intelligent observer who has made an honest and unprejudiced investigation of the subject will deny its value as a therapeutic agent, or gainsay the fact that it has been the means of restoring to health untold numbers of otherwise incurable sufferers from physical and mental maladies."

And elsewhere we find in relation to the same subject:—



tal therapeutics, telepathic suggestion, personal magnetism and similar agencies, all practically reduced and governed by the tremendous and as yet little understood power of hypnotic suggestion. As Dr. T. J. Hudson says in one of his remarkable treatises:—

"That Hypnotism has been proved to be an unalloyed blessing to millions of the human race, cannot be successfully con-

"What magic was ever so strange as that which expels disease, relieves torturing pain, or brings sleep to sleepless eyes by a mere word of suggestion? What spell was ever so potent as that which can throw others into a state of unconsciousness and yet cause them in that condition to perform the most surprising feats, bodily and mental, of which they are totally incapable in their waking



hours? The strangest thought of all is the amazing power by which the hypnotist casts his will upon the minds of others, so that they can only see and hear, and think and feel, exactly as he wishes, and just so long and no longer."



"A state of unconsciousness."

Among the diseased conditions that are amenable to suggestive hypnotic treatment may be named the following:—

1. Derangement of mind from other causes than organic destruction of the brain (persons absolutely demented can not be hypnotized). The morbid fears, hallucinations and disabilities of children. Night terrors, sleep walking and kleptomania.

In functional insanities, Hypnotism finds a great sphere of usefulness. In children whose moral nature is unbalanced, in the adult who is weak and vacillating, in hysteria, and in that monster which terrorizes social life in the waning years of this century, "nervous prostration," Hypnotism has proved a tower of strength.

2. All functional pains such as neuralgia can be relieved and cured by one or other of the various forms of hypnotic suggestion. Many painful conditions attending destructive organic disease can be

ameliorated in the same way. Hypnotism never did and never can restore organs whose active tissues have been totally destroyed, and it is important therefore to make a careful diagnosis so as not to hold out false hopes to one so afflicted.

3. In alcoholism, morphine eating, and all evil habits, hypnotic suggestion is a specific.

Hypnotism is a remedial agent so curious and overwhelming in its effect that it soon impresses profoundly the invalid who is seeking relief. It is more wonderful than surgery, more subtle in its influence than any drug, and it permeates every part of the psychic as well as physical life of the subject.

4. Hypnotism, aided by magnetic passes, has proved very beneficial in the acute delirium of fevers, and in the delirium tremens of acute alcoholism, also



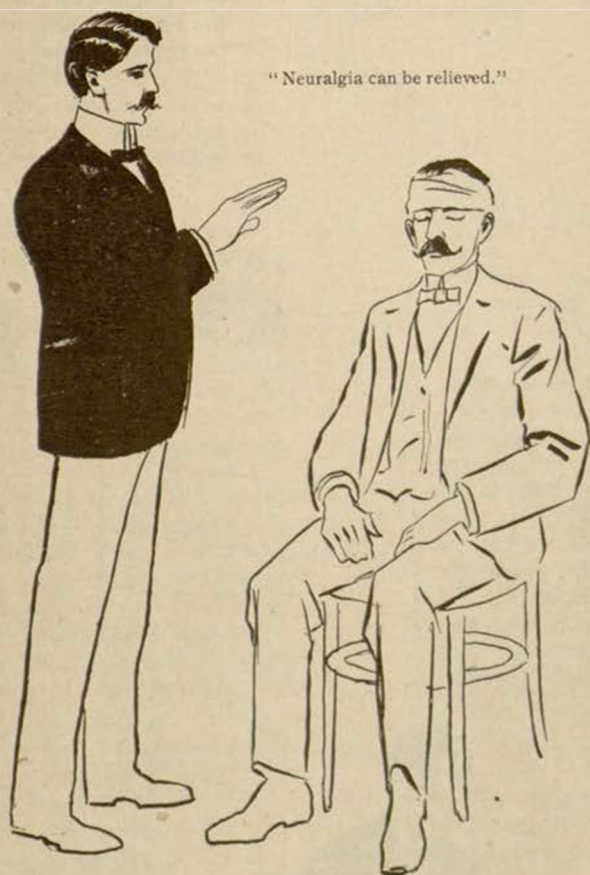
"Sleep-walking."

in those vexatious and intractable nervous habits which afflict some, such as shaking the head, grimacing with eyes and mouth, etc. In many of these cases Hypnotism is the only cure.



Under the influence of Hypnotism, important and protracted surgical operations have been effected without the slightest sensation of pain to the patient, and with no evil effects. So many fatal accidents, to say nothing of shattered nervous systems, have resulted from the use of anæsthetics, that the public has been looking

in deep hypnosis. This opens up a large field for useful experiment, especially in the correction of bad habits, mental, moral and physical, among children; a field where suggestive measures may be safely used by parents, teachers, governesses and nurses, as no training is here required as in the induction of hypnotic



anxiously for some safer and more effective substitute. That this may be secured in hypnotic trance, no person of experience will deny.

In the training and moral education of children, hypnotic suggestion is of the greatest value, and a curious feature of this form of treatment is, that it can be used as effectively during natural sleep as

states, and no risk is possible. There are hundreds of well authenticated cases of children which obstinately refused to yield to persuasion, entreaty or any form of punishment, but which gave way at once to the gentle influence of hypnotic suggestion in natural sleep, wielded by a thoughtful and earnest parent.

Nor is treatment during sleep advisable





"As a remedial agent."

only in childhood. A writer gives the following cases as eminently susceptible to this form of suggestion:—

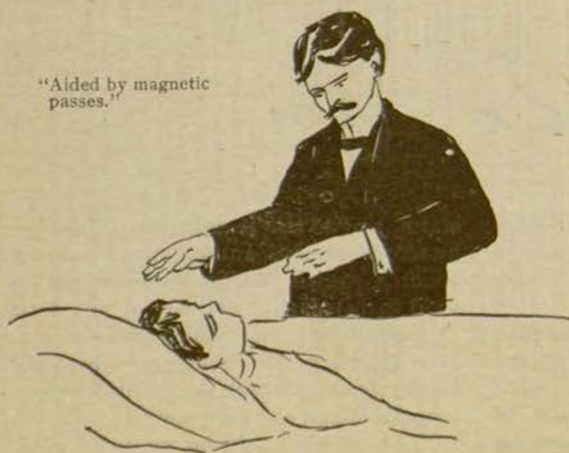
1st. To every person who, insane or not, but susceptible of benefit from psychic treatment, has proved refractory to all attempts at hypnotization. It will thus be a plan of salvation in numerous cases generally considered as desperate.

2d. To every person who could only be hypnotized after long efforts and numerous



"Surgical operations."

"Aided by magnetic passes."



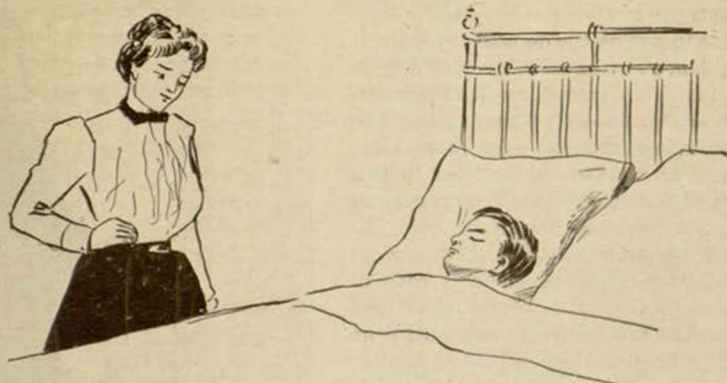
seances. In these conditions the patient is often discouraged by the length of the curative efforts, and on the other hand the doctor loses time and becomes weary, despairing too soon of the final result. Suggestion during sleep will make such persons very quickly and easily hypnotizable, thereby saving precious time as well as the faith and strength of the patient.

3d. To the pusillanimous folk who appreciate the benefits of Hypnotism but dare not submit themselves to it because of puerile

fears or prejudices. Certain people, in fact, only see in this agent a mysterious sort of fluid or a supernatural force of satanic power. Others go so far as to suspect that after having put them to sleep we can not wake them up again. It is manifest that nothing of this kind could be alleged by the subject against suggestion during natural sleep.

4th. To nervous children, to those undisciplined, or with perversity, or atrophy of the moral sense. Children who





"Suggestions in natural sleep."

only need proper care are often reprimanded, punished, or flogged, without improving them in any way. Parents and teachers discountenance Hypnotism, fearing lest we should injure the child personally, or try to restrain his liberty. Such apprehensions will be reduced to nothing when they see that the treatment consists in a few words addressed to the child while he is sleeping peacefully in his bed.

5th. When the question is to stimulate or develop a slow, uncertain memory. In the case of children who cannot learn their lessons or commit passages to memory, this method has been exceedingly helpful. It would be possible to go on indefinitely, giving occasions and instances where Hypnotism may be of service. But



"Has proved refractory."



"Thereby saving precious time."



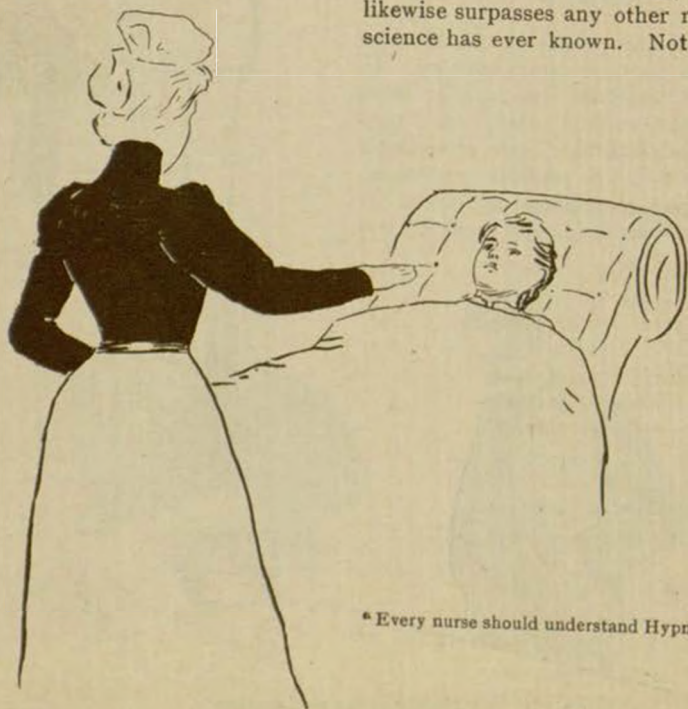
I shall here only add that it is simply inestimable in curing the defects or habits of constitution, so often seen in children, as well as individual tendencies like stammering, squinting, fits of passion, biting the finger nails, and the like. All these yield readily to its curative sway, and in this sense it is important that every parent, guardian, nurse and teacher should understand Hypnotism. Where this wonder-worker is employed there is ease of body and brain, and nervousness and sleeplessness are forever banished by its soothing influence.

A special virtue pertains to Hypnotism in its power to induce sleep even in the most restless and obstinate cases of insomnia. Like the gentle hand of the mother or nurse, it calms the turbulent nervous system and brings a sweet, invigorating repose to the overworked or feverish brain. So great is the value of sleep to all affected persons, that this influence should be prized exceedingly by those who can use it. It entirely obviates the



"A few words addressed to the child."

necessity for drugs and opiates that are sure to leave injurious effects afterwards. In cases of rheumatism, lumbago, and other ailments of this class, Hypnotism likewise surpasses any other remedy that science has ever known. Not only is all



"Every nurse should understand Hypnotism."



pain promptly banished and the writhings of anguish exchanged for rest and dreamless sleep, but by continued treatment the cure becomes permanent, stiffness and

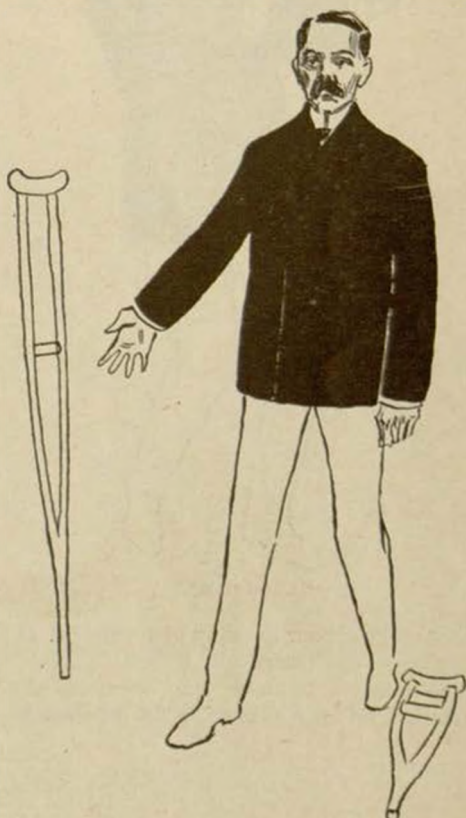
munication with friends at the other end of the world, aye, and perhaps in other worlds if we only knew enough of the process. There is a suspicion among astronomers that the inhabitants of Mars are better instructed in these matters and have established a code of signals for communication, if we only had wit enough to read them. Clairvoyance, as it would also seem, frees our souls from their fleshly prison while still in this life, and permits them to travel all over the sidereal universe and acquire knowledge and experience that no earthly lore could teach.



"In cases of rheumatism."

limb contractions subside as if by magic, and cripples cast aside their crutches and walk forth in renewed vigor and activity.

All the above examples simply indicate the power of the mind over matter, or in other words, the control which hypnotic suggestion gives us over the diseases and evil habits of our physical and mental systems. If Hypnotism did no more than this, it would still be one of the most priceless benefits we possess. But such knowledge is but the A B C of hypnotic suggestion, whose ultimate end is the freedom of the soul of which no other science can teach anything. By telepathy, for instance, we can hold instant com-



"Cripples cast aside their crutches."

The gift of prophecy, all so-called miracles, the healing of the sick, the raising of the dead, diabolic possession and obsession, ghost seeing, witchcraft, and visions of all sorts are found to be ex-



plained by hypnotic suggestion, and the London Society of Psychic Research gives thousands of well authenticated instances of similar phenomena occurring within this last half of the nineteenth century.

The facts noticed in this treatise will

of philosophic investigation. They are, however, confirmed by many writers, and by the personal experience of not a few of my students, as well as by myself.



"Ghost seeing."

doubtless appear to many of a very extraordinary character, and may fail to gain the credence of those who have not examined into the subject in the true spirit



"A suspicion among astronomers."

Those who wish to make deeper study of wonderful possibilities of hypnotic and psychic phenomena, will find many useful hints and suggestions scattered throughout my lesson courses on Hypnotism and Magnetic Healing.

**PROF. L. A. HARRADEN,**

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